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MAY/JUNE 2015, ISSUE 57
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**Skinny &
yummy!
Sticky date
slice
page 22**



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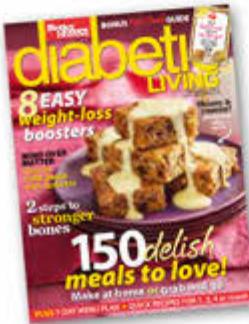
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Looking for deliciously healthy and hearty winter dishes? Visit us at diabetcliving.com.au for wonderful warming meals, such as Pork pies and Roasted beetroot soup with crispy wonton chips, pictured below.



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WELCOME



Learning curves

Probably the most important thing I've learned about diabetes management is that there is so much to learn. Every day, thanks to *DL*'s expert contributors, I discover something new.

For instance, I didn't realise that sweating may cause your body to absorb insulin faster, which in turn may lower your BGLs. Not for everybody, just for some. You'll find more advice on dealing with BGL lows (and highs) on page 108.

Our clever food team has taught me that the best recipe for Macaroni and cheese, which you'll find on page 62, is full of hidden vegies (truly, you wouldn't even know they're there!), not to mention half the kilojoules of a traditional version. And that sticky date pudding – one of my favourite desserts of all time – is even better as a slice, made with banana instead of more sugar and butter, to cut the fat by two-thirds but still keep it deliciously sweet

and moist. Do have a go at our cover recipe, on page 22.

The most significant discovery though, is that diabetes can trigger an inner strength and determination you never knew you had. In this issue, we share the story of Asghar, whose type 2 diagnosis motivated him to lose more than 20 kilos and become the healthiest he's ever been.

And then there's young Chloe, diagnosed with type 1 just days before starting year 12, and taking it all in her athletic stride.

One thing I do know for sure is that both Asghar and Chloe are huge inspirations to their families, friends and to all of us here at *DL*.

PS: From this issue, you can scan, save and share selected recipes, shopping lists and guides, using your smartphone and the free viewa app. Learn how on page 5. It's easy!

Mara
Mara Lee, **Editor**

Look out for our next issue, on sale June 4

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional.

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Here to help

Meet our experts – they'll advise you on all aspects of your *diabetes management*



Introducing...
Dr Angus Turner
Ophthalmologist, Lions Outback Vision

What is an ophthalmologist?

An ophthalmologist is a medical doctor who has had additional specialist training in the diagnosis and management of disorders of the eye (such as cataracts and glaucoma), as well as the visual system and related structures.

How can they help me with my diabetes?

Diabetes can cause the blood vessels in your eyes to swell and leak blood or fluid around your retinas. The healing process forms scar tissue which can damage your retina, so it functions less effectively. This can lead to impaired vision and, in extreme cases, blindness. If detected early, blindness can be prevented, so it's vital to have your eyes checked regularly.

How often should I see one?

You'll need to see your local optometrist or ophthalmologist for an eye check when you're first diagnosed with diabetes. If you don't have any problems with your eyes, you just need to have a check every two years. And, if

there are any signs of disease, then an ophthalmologist will need to monitor you more closely and consider additional treatments. For Indigenous populations, annual checks are recommended and many rural and remote towns have clinics with cameras to take retinal photographs and send them for assessment.

Where can I find an ophthalmologist, and how much will it cost me?

Your optometrist does not require a referral and is a good place to start for a diabetes eye check. They will be able to refer you to an ophthalmologist if any problems are detected.

To get a Medicare rebate, your ophthalmologist will require a referral from your optometrist or GP.

There may be out-of-pocket costs – your ophthalmologist can give you details.

Most towns and cities also provide public hospital ophthalmology clinics, which are free, although they require a referral from your GP or optometrist.



OUR EXPERTS

Dr Kate Marsh Dietitian and diabetes educator

Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Christine Armarego Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGIs. theglucoseclub.com.au

Dr Janine Clarke Psychologist

Janine is in private practice in Sydney and works at the Black Dog Institute. blackdoginstitute.org.au

Dr Gary Deed General Practitioner

Gary, who is type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Dr Sultan Linjawi Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. lintonhealth.com.au

Danielle Veldhoen Podiatrist

Danielle is a podiatrist at the Diabetes Centre at Sydney's Royal Prince Alfred Hospital. ■



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*star
letter*

THANKS FOR BEING THERE

I was recently diagnosed with type 2 after temporarily losing my vision, and that was unbelievably scary. My GP was great – he assured me that I'd be linked in with the National Diabetes Services Scheme and would have a diabetes educator for ongoing support. However, I walked out of the practice feeling slightly bewildered and wondering what I'd do in the meantime. Thankfully, my hubby bought me an 'emergency' copy of *DL*. It's definitely a lifesaver in these confusing and difficult times.

Gez Bird, Tas

NEW LOOK

I am legally blind but love to cook your recipes. Unfortunately, white print on dark paper is almost impossible for me to read. As I have bought your magazine from day one, could you please consider people like me and print black on white? There are many legally blind people with diabetes who would also like to see these changes.

Julie Tindall, Qld

Editor's Note: Good news, Julie – we have revised our recipe pages and most will now feature black type on light backgrounds. Happy cooking!

WHAT A FIGURE!

Thanks for the concise and informative article about weight-loss surgery in the March/April 2015 issue – you have given readers a great insight into the topic. I had gastric sleeve surgery in March 2014. I've lost almost 60kg and my health and life expectancy have improved amazingly. I urge other readers to speak with their GP, use the internet for research (you can even watch procedures on YouTube, if you can stomach it!) and speak with a surgeon to see if it is right for you.

Wendy Cox, NSW

HOLIDAY READING

When my daughter-in-law visited me over Christmas, she brought a copy of *Diabetic Living*, which she had borrowed from her mum. I picked it up after dinner and thought I would have a quick look. An hour and a half later, I was still enthralled. It was amazing – so much information, so many mouth-watering recipes. I've already purchased a copy of my own!

Colleen Cook, NSW

HANDY REMINDER

I'm a regular reader of your very helpful magazine. I was wondering if it would be possible to put an 'in stores' date on each issue, please? As the mag is bimonthly, I have a hard time remembering if I've bought it or just looked at it in the shops.

Pauline Scheutjens, via email

Editor's Note: Great idea, Pauline. From now on, we will include the on-sale date of the next issue on the editor's letter page.



Like it

Join the conversation on Facebook...

Loving desserts!

Diabetes has made me appreciate desserts more than ever, because I enjoy every mouthful and it's no longer about the sugar high.

– Fifi Karakins

NEW SALIVA TESTS FOR BGLs

That's exciting! I've been doing blood tests for 33 years!

– Tracey Whatman

A CURE FOR TYPE 1?

Wouldn't it be wonderful for those with type 1!
I will keep my fingers crossed for you.

– Dianna Kenyon

That hypo feeling...

My hubby gets a funny taste in his mouth and can feel the fog setting in.

– Robyn Beer

FINDING THE RIGHT DOCTOR

If you don't trust your doctor and health-care team, for goodness sake, go to someone else. Make it your business to educate yourself, ask sensible questions and also take sensible advice.

– Wendy Flint

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Accentuate the positive

There will always be days when your BGLs are acting up or your eating habits go off the rails. However, instead of beating yourself up about what's going wrong, focus on what you're doing right, says psychologist Lisa Robins from St Vincent's Hospital Diabetes Centre and Virtual Clinic in Sydney.

'While it's important to work towards a good outcome, the unpredictable nature of diabetes and its self-management requirements mean that you won't get a perfect number every time,' she says. 'If you've made your best effort to look after yourself, then you've done the most you can do.'

Check it out

Have type 2 and prone to night sweats? 'Sweating may indicate you have a hidden infection,' says GP Dr Gary Deed. 'Let your doctor know as it can indicate a serious problem.' Another culprit may be low blood sugar. 'This is more common with certain medications,' says Dr Deed.

'Test your BGLs whenever your night sweats wake you up. And notify your GP if your levels drop below 4mmol/L.'



Lip service

Want an instant health boost?

Research shows that kissing can kick-start your libido, build your immunity and flood you with happy hormones.

Pucker up!



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NATURAL HEELER

Do your heels tend to crack in cold weather? Having too much glucose in your bloodstream can result in excessive urination which, in turn, causes your body to lose moisture. The drier your skin, the more likely it is to crack and become infected. In addition to checking your feet regularly and wearing comfy footwear, use a daily moisturiser such as NS-8 Heel Balm Complex to help soothe and repair your skin. Visit plunketts.com.au for more info.

Ask
DR LINJAWI



I usually take echinacea in winter to ward off colds, but I've heard that it isn't safe for people with type 1. Is there any truth to this?

A: Because of the immune-stimulating properties of echinacea, there is some concern that it may hasten the progression of some autoimmune diseases. In type 1 diabetes, the worry is that echinacea may speed up the loss of pancreatic beta cells or increase the likelihood of you developing additional autoimmune conditions.

The bottom line? Chat to your GP or diabetes specialist if you're planning to use complementary therapies, as there are many drug, herb and vitamin interactions that may be detrimental to your health or reduce the effectiveness of your prescribed medications. ►



Dr Sultan Linjawi, endocrinologist

Email your questions to:
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Rethink your drinks

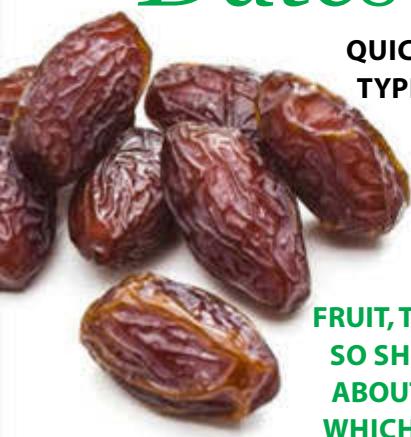
New research suggests that people in their 50s and 60s who consume more than two alcoholic drinks each day have a 34 per cent higher risk of having a stroke than the rest of the population. Cut your risk factor by setting a two-drink limit, or only drinking every second night.

25-30g

The amount of fibre the Heart Foundation recommends that healthy adults eat each day.



Dates are great!



QUICK QUESTION: CAN PEOPLE WITH TYPE 2 STILL ENJOY EATING DATES?

'YES. DATES MAKE A HEALTHY SNACK AND HAVE A MODERATE TO LOW GI VALUE, DEPENDING ON THE VARIETY,' SAYS DR KATE MARSH. 'HOWEVER, LIKE ALL DRIED FRUIT, THEY ARE HIGH IN NATURAL SUGARS SO SHOULD BE EATEN IN MODERATION. ABOUT 4 DATES GIVE YOU 1 CARB SERVE, WHICH IS SIMILAR TO A SLICE OF BREAD.'

Ask DR MARSH



I often eat too much heavy food in winter. What can I eat to fill me up but not pile on the kilos?

A: Rich food is certainly tempting as the weather gets cooler. Luckily, there are plenty of winter meals you can enjoy that are healthy, filling and tasty.

Try these meal ideas

BREAKFAST Porridge is a tasty winter brekkie! Use traditional oats and add stewed apple, cinnamon and sultanas. Or, have baked beans on wholegrain toast, or poached eggs with grilled tomato, mushrooms and asparagus.

LUNCH Make a pot of soup and freeze it in portions. Include plenty of vegies and beans or lentils for satiety. Or, have a toasted wholegrain sandwich with ricotta and roasted vegies, cheese and tomato or kidney beans and avocado.

DINNER Casseroles and stews are ideal as they can be made in advance. Use lean meats or chicken, legumes and lots of vegies. Curries are also good, but make them tomato, rather than cream-based.

DESSERT Cook up baked apples, filo with fruit filling, or apple or pear crumble with natural muesli topping served with a dollop of plain yoghurt. Yum! ►

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

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MUST-HAVE

FITNESS BUYS

Amp up your workout with Christine Armarego's fab finds. They'll help you get in shape – and stay that way!

1 Fitness tracker or pedometer

These are fantastic motivators and can let you know if you've had an active day – or if you need to squeeze in a few more steps.

2 Resistance bands

Light and compact, you can use them to mimic the kinds of exercises you'd do at a gym,

including squats, rowing and leg extensions – all in the comfort of your lounge room.

3 Exercise DVD Whether you want to tap dance your way to fitness or learn how to lift weights, there's a DVD for every workout. Better still, you can pause it when you need a rest and skip any boring parts!

Smarter sipping

To keep your BGLs steady, Diabetes Australia recommends drinking 250ml of water for every 15 minutes that you exercise.

Move more, feel better

A new study has revealed that doing 150 minutes of moderate exercise each week – or roughly 22 minutes of walking each day – can prevent women from developing depression in middle age. Give it a go!

Ask CHRISTINE



I have a family history of heart problems. What types of exercises can I do to prevent a heart attack?

A: Your heart is a muscle, which means it becomes more efficient when you work it. You can help keep it in shape by adding these exercises to your routine.

Cardiovascular exercise such as walking, swimming or cycling. Cardio gets your heart beating faster and helps it recover more quickly afterwards. It also improves your lungs' ability to take in oxygen and distribute it around your body.

Resistance training like lifting weights, doing push-ups and wall presses. This improves muscle strength, placing less effort on your heart. Resistance training is also important for managing glucose levels and improving bone density.

Interval training is cardio exercise that includes short periods where you go a little bit harder, like dancing or tennis. It gets you fitter faster by allowing you to exert yourself, then recover. If walking is your favourite exercise, add regular 10-30 second intervals at a faster pace before returning to your normal speed.

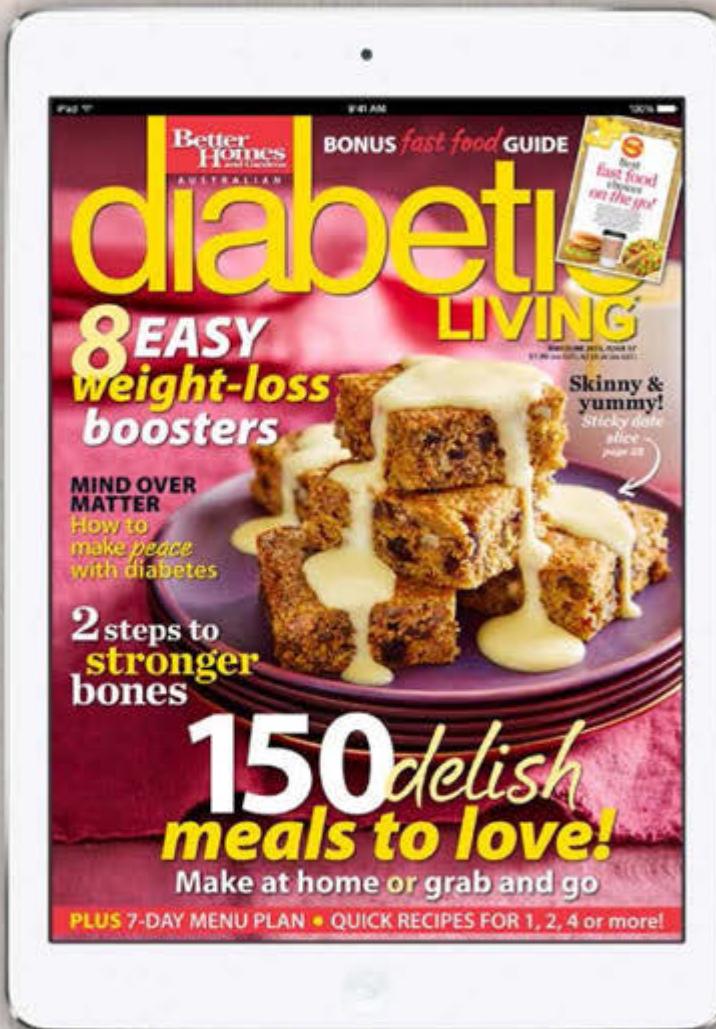
Remember... If you haven't worked out for a while, speak to your GP or diabetes care team first to find which types of exercises are best for you. ➤

Christine Armarego,
accredited exercise physiologist

Email your questions to:
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Bitter sweet

With kids' obesity levels skyrocketing in Australia, there has also been an increase in the number of children diagnosed with serious health problems, such as type 2. It may just be a timely reminder to give your family diet and lifestyle a makeover, especially if there's a family history of diabetes.



Did you know? Australia has the sixth highest incidence of type 1 diabetes in children.

Talk to me

If you're looking for a simple, gentle way to discuss diabetes with your kids, psychologist Dr Janine Clarke offers the following tried-and-tested conversation starters...

CHANGE TACK

Instead of asking accusatory questions, such as, 'Why are you so moody?' or 'What's stressing you out?' or 'Why are your blood sugars so high?', try to build up their confidence and keep the conversation going by asking, 'How are you feeling today?' or 'How were your blood sugars?'

LISTEN UP

If you want to talk and you're making dinner or watching TV, stop what you're doing and give them your full attention. Ask empathetic questions, like, 'So what you're saying is that you're really stressed – is that right?' A person who feels heard and important is more likely to open up.

BE SUPPORTIVE

Acknowledge that the daily demands of diabetes are a hassle, but don't tell your teen what to do. Support them in making their own decisions and encourage them to take control by asking them what they think will help. Brainstorm solutions and work through the pros and cons together.

Ask ELISSA



My teenage daughter is going through a stressful time at school and she's not managing her type 1 diabetes as well as she should. What can I do to help?

A: The best thing you can do for your daughter right now is to give her a break from diabetes. Give her a hand with her injections – winding up the needles so they're ready when she needs to inject can be helpful. Setting up her blood glucose meter before a test can also be a simple way of assisting her. If she's using a pump, you can even push the buttons for her for a few days. Little things like this can help ease the burden.

When I've experienced this type of situation with my own kids, I've found that they're usually ready to go back to doing their own injections and management after a week.

There'll always be things that your daughter finds stressful in life, so to head off any management problems in the future, learn to listen, watch for warning signs and be ready to step in to lend a helping hand. Become attuned to when she starts testing less frequently, or gets a bit cavalier with her eating habits, and don't be afraid to talk to her about it. ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of kid-friendly diabetes products is available at diabetes-ezy.com

Email your questions to:

diabeticliving@pacificmags.com.au

Post: *Diabetic Living*, Q&A: Ask About Your Kids, GPO Box 7805, Sydney, NSW 2001.

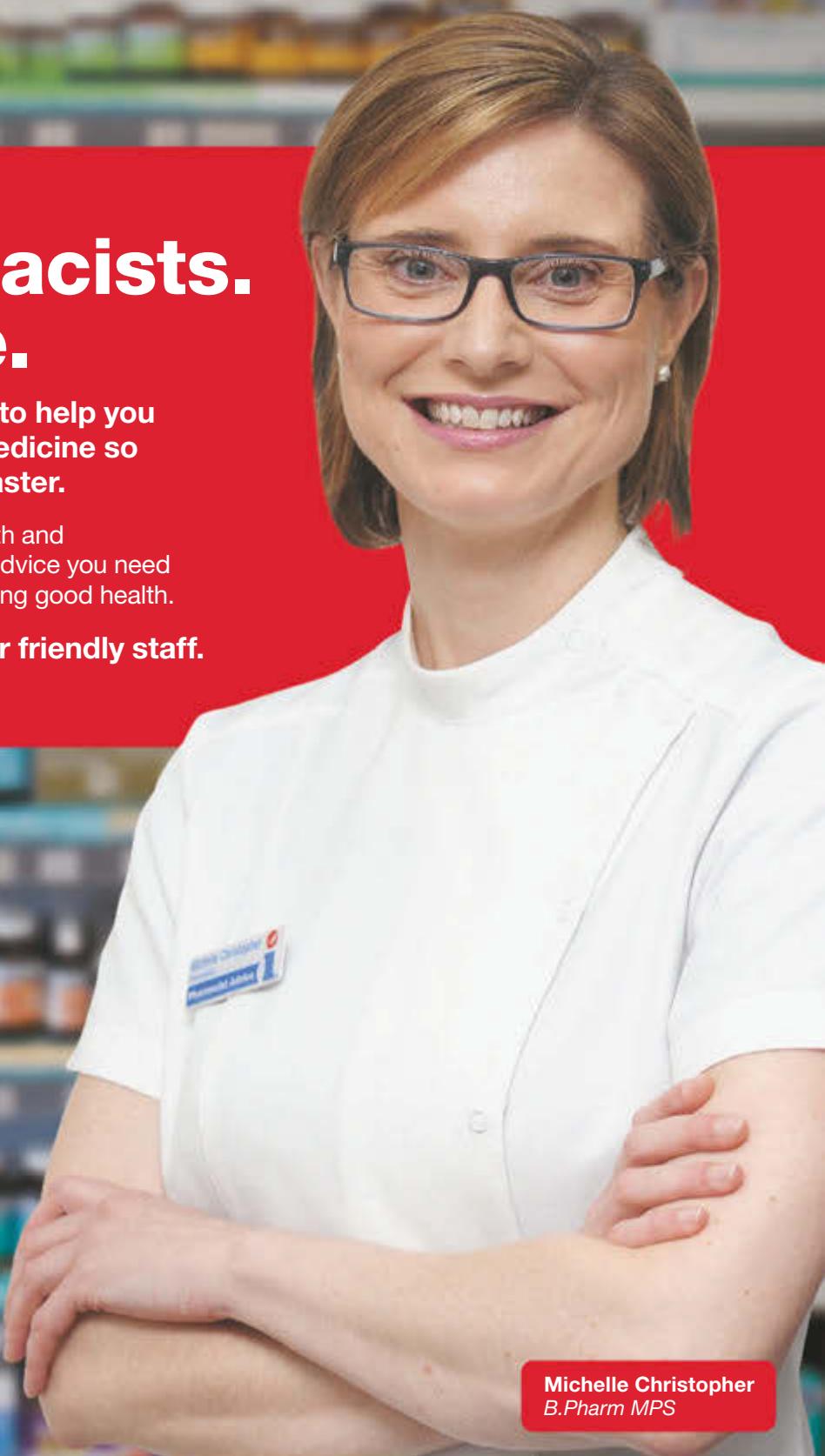


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Come in store today to meet our friendly staff.



Michelle Christopher
B.Pharm MPS

HAVE A little sticky

Double the yum with a **healthy twist** on sticky date pudding. Enjoy it warm with custard or caramel sauce as a divine dessert, or on its own for an afternoon delight!

With its melt-in-the-mouth caramel flavours, scrumptious nutty texture and a drizzle of your fave topping, this date slice is right up there in the ultimate collection of fine winter desserts.

There's lots more to celebrate, too! This remarkable remake has just half the kilojoules of a regular sticky date pudding. On top of that, the fat content is reduced by more than two-thirds and the carbs by a half! We cut the sugar by using a ripe banana for sweetness, which also adds fibre.

Every good sticky date deserves a little drizzle. Whether you make our Vanilla custard or opt for a caramel topping, portion size is key – just stick to our suggested serves.

Sticky date slice

PREPARATION TIME: 15 MINS

PLUS 15 MINS STANDING

COOKING TIME: 20 MINS

SERVES 12 (AS A DESSERT OR A SNACK)

125g dried dates, chopped

1 tsp bicarbonate of soda

125ml (½ cup) boiling water

1 ripe banana, mashed until smooth

40g light margarine, melted, cooled

3 Tbsp brown sugar

1 tsp vanilla extract

50g egg

40g pecans, chopped

80g (½ cup) wholemeal self-raising flour

50g (½ cup) self-raising flour

1 quantity Vanilla custard (see recipe, this page; 1 Tbsp per serve) or 125ml (½ cup, 2 tsp per serve) ready-made caramel topping, to serve (optional)

1 Preheat oven to 160°C (fan-forced).

Line a 16 x 26cm (base measurement) non-stick slice tin with baking paper, allowing paper to overhang sides. Put dates in a large heatproof bowl. Sprinkle with bicarbonate of soda. Pour over boiling water. Stir well. Set aside for 15 minutes.

2 Add banana, margarine, sugar, vanilla extract, egg, pecans and flours to date mixture. Stir until combined. Spoon mixture into prepared tin and smooth surface with the back of a spoon. Bake for 18–20 minutes or until cooked when tested with a skewer. Set aside in tin for 10 minutes to cool slightly before transferring to a board.

3 Cut slice into 12 even pieces.

Serve warm with custard or caramel topping, or cold on its own.

COOK'S TIPS

► Put leftover slice in an airtight container and keep in the fridge for up to 4 days.

► To freeze, wrap individual portions of slice in plastic wrap and put in a resealable freezer bag. Freeze for up to 3 months.

► To reheat frozen slice, microwave for about 20 seconds. ■

Vanilla custard

Whisk 2 **egg yolks**, 1 Tbsp **custard powder** and 1 Tbsp **caster sugar** in a small saucepan. Using 250ml (1 cup) **skim milk**, whisk in enough liquid to form a smooth paste. Whisk in remaining milk. Cook over a medium heat for 4–5 minutes, stirring, or until mixture thickens. Whisk in ½ tsp **vanilla extract**. Transfer to a jug. Cover surface with plastic wrap to prevent a skin from forming. Serve warm with slice or refrigerate until required.

Sticky date slice
It's hip to be square...
Make a date with these
bites, there's stacks of delish!
see recipe, opposite page >>

*on the
cover*

**How
our food
works
for you**
see page 88

nutrition info

PER SERVE (1 slice) 538kJ,
protein 2.2g, **total fat** 4.6g
(sat. fat 0.7g), **carbs** 19g,
fibre 2g, **sodium** 248mg.
• **Carb exchanges** 1½.
• **GI estimate** medium.

PER SERVE (1 slice with
Vanilla custard) 618kJ,
protein 3.3g, **total fat** 5.1g
(sat. fat 0.9g), **carbs** 21g,
fibre 2g, **sodium** 259mg.
• **Carb exchanges** 1½.
• **GI estimate** medium.

PER SERVE (1 slice with
caramel topping) 636kJ,
protein 2.3g, **total fat** 4.6g
(sat. fat 0.7g), **carbs** 25g,
fibre 2g, **sodium** 254mg.
• **Carb exchanges** 1¾.
• **GI estimate** medium.

**Veal and
oregano
meatball salad**
Roll up for the best-
looking plate in town.
It's dressed for success!
see recipe, page 30 >>

How
our food
works
for you
see page 88

**nutrition
info**

PER SERVE 1788kJ,
protein 42g, total fat
11.4g (sat. fat 3.5g),
carbs 34g, fibre 5g,
sodium 625mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten-free option.

Ground HERO

Think outside the everyday with **fresh ideas** that take veal, prawn, beef, pork and chicken mince to a whole new level



Pork nachos

Get some Mexican
on your fork and have
yourself a fab fiesta!
see recipe, page 30 >>

nutrition info

PER SERVE 1629kJ,
protein 36g, total fat
12g (sat. fat 4.8g),
carbs 31g, fibre 14g,
sodium 638mg.

- Carb exchanges 2.
- GI estimate low.
- Gluten-free option.



nutrition info

PER SERVE 1753kJ,

protein 36g, total fat

11.5g (sat. fat 5g),

carbs 40g, fibre 7g,

sodium 566mg.

• Carb exchanges 2½.

• GI estimate low.

• Gluten-free option.

What you see is what
you get... gotta love an
over-the-top **SANGA!**

Open chicken
sandwich with
caramelised onion

Join the pile-high club
with this mighty serve!

see recipe, page 30 >>



Prawn

wonton soup

Be a broth star and team
parcels of gingery steamed
mince with marvellous miso.

see recipe, page 32 >>

nutrition info

PER SERVE 1597kJ,
protein 29g, total fat
9.9g (sat. fat 1.8g),
carbs 41g, fibre 4g,
sodium 799mg.
•Carb exchanges 2½.
•GI estimate medium.



Prosciutto, beef
and vegie meatloaf
Loaf by name but not by
game – there's protein
aplenty and veggies galore!
see recipe, page 32 >>

nutrition info

PER SERVE 1726kJ,
protein 41g, total fat
11.1g (sat. fat 3.8g),
carbs 31g, fibre 10g,
sodium 665mg.

- Carb exchanges 2.
- GI estimate low.
- Gluten-free option.

FOOD mains



Veal and oregano meatball salad

PREPARATION TIME: 15 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

Olive oil cooking spray

6 baby cos leaves, torn

1 small Lebanese cucumber, halved lengthways, sliced

1 large tomato, cut into wedges

½ cup mint leaves

8 pitted kalamata olives, halved

2 Tbsp low-fat Greek-style plain yoghurt

1 Tbsp freshly squeezed lemon juice

1 clove garlic, crushed

Freshly ground black pepper, to season

1 Vitastic Lite Pittes or gluten-free wrap, chargrilled (optional), halved, to serve

Meatballs

200g lean veal mince

1 tsp dried oregano

1 clove garlic, crushed

20g reduced-fat feta, crumbled

1 slice wholemeal bread or gluten-free bread, processed into crumbs

1 egg yolk

Freshly ground black pepper, to season

1 Preheat oven to 180°C (fan-forced).

Line a small oven tray with baking paper. To make meatballs, combine all ingredients in a medium bowl. Form mixture into small meatballs. Spray a medium non-stick frying pan with cooking spray and heat over a medium-high heat. Add meatballs and cook, turning often, for 4-5 minutes or until golden brown all over. Transfer meatballs to the prepared tray and bake for 5 minutes or until cooked through.

2 Meanwhile, combine lettuce, cucumber, tomato, mint and olives in a medium bowl. Whisk yoghurt, lemon juice and garlic in a small bowl. Season with pepper.

3 Divide salad between serving plate and top with meatballs. Serve with yoghurt dressing and pitte.



Pork nachos

PREPARATION TIME: 10 MINS

COOKING TIME: 40 MINS

SERVES 4 (AS A MAIN)

1 brown onion, roughly chopped

1 clove garlic, crushed

1 stick celery, roughly chopped

1 zucchini, roughly chopped

1 red capsicum, roughly chopped

1 tsp olive oil

400g Heart Smart pork mince

1 Tbsp salt-reduced taco seasoning or gluten-free taco seasoning

400g can no-added-salt chopped tomatoes

1 tsp Massel Chicken Style Salt Reduced Stock Powder

185ml (¾ cup) water

400g can no-added-salt red kidney beans, drained

80g Macro Original Corn Chips

40g (½ cup) reduced-fat grated cheese

1 large tomato, chopped, to serve

Coriander leaves, to serve

2 Tbsp extra-light sour cream

1 Put onion, garlic, celery, zucchini and capsicum in a food processor and process until finely chopped.

2 Heat oil in a large non-stick frying pan over a medium heat. Add vegetable mixture and cook, stirring occasionally, for 8 minutes or until vegetables soften. Increase heat to high. Add mince and cook, stirring often, breaking up any lumps with

a wooden spoon, for 3-4 minutes or until mince browns.

3 Add taco seasoning to pan and cook, stirring, for 1 minute. Add canned tomato, stock powder and water. Bring to a simmer. Cover and cook for 10 minutes. Add beans and cook, uncovered, for a further 10 minutes or until mixture is thick.

4 Preheat oven to 180°C (fan-forced). Spoon mince mixture into a shallow ovenproof dish. Arrange corn chips on top, pushing slightly into mince. Sprinkle with cheese. Bake for 10 minutes or until cheese melts. Top with tomato and sprinkle with coriander. Serve with sour cream.



Open chicken sandwich with caramelised onion

PREPARATION TIME: 15 MINS

COOKING TIME: 25 MINS

SERVES 6 (AS A MAIN)

2 tsp extra virgin olive oil

2 large brown onions, thinly sliced

1 Tbsp brown sugar

1 Tbsp white balsamic vinegar

Cooking spray

6 x 25g slices reduced-fat cheese

2 iceberg lettuce leaves, torn into pieces

2 tomatoes, cut into thick slices

6 x 50g slices sourdough bread or gluten-free bread, toasted

1 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise

1 Tbsp sweet chilli sauce or gluten-free chilli sauce

Patties

500g lean chicken breast mince

1 large zucchini, coarsely grated, moisture squeezed out

1 large carrot, coarsely grated

1 small red chilli, deseeded, finely chopped ➤

Good for you

While varieties of mince have their own distinctive flavour, they weren't all created equal. Here's how to shop smart – and healthy – when buying mince.

1. Veal

Veal mince has about a quarter of the saturated fat and 30 per cent fewer kilojoules than lamb mince. It's also loaded with protein, which will keep you feeling fuller for longer. Veal mince can be combined with extra-lean pork mince for burgers or meatballs.



2. Prawn

Low in saturated fat, prawns are loaded with nutrients including potassium, calcium, zinc and iodine. If you're watching your salt intake, bear in mind that prawns are naturally higher in sodium than other meats. To make 250g prawn mince, buy 500g of green prawns. Peel and devein, then process until minced.

3. Beef

Extra lean, 5 Star and Heart Smart beef mince contain, on average, 30 per cent of the saturated fat found in regular/3 Star beef mince, and half the saturated fat of lean/4 Star mince. A 100g serve of extra-lean beef mince also contains about a third of your daily iron requirements.



4. Pork

Pork has had an image revamp recently, and is now recognised as a lean meat. The healthier types of pork mince are Heart Smart and extra lean. Heart Smart pork mince has about 5g less saturated fat, and 400 fewer kilojoules per 100g, than regular varieties.



5. Chicken

When choosing at the supermarket, buy 100 per cent breast meat, as most brands contain a combination of breast and thigh. If you're buying from your butcher or chicken shop, ask before you buy. You can make your own breast mince by processing trimmed breast fillet in a food processor until minced.

Pick and store

When buying packaged mince, feel the packet to ensure it's well chilled and not damaged. Use well within its use-by date. If buying fresh, use within 1-2 days of purchase. To freeze, divide into meal-sized portions. Put mince in a resealable freezer bag and press flat for easy storage – this also helps the meat to thaw quickly and evenly. Label, date and freeze for up to 3 months.

To thaw, put mince on a plate and refrigerate overnight.

1.



2.



3.



4.



5.



FOOD mains

1 clove garlic, crushed
50g sourdough bread or gluten-free bread, processed into crumbs
50g egg, lightly whisked

- 1 To make patties**, combine all ingredients in a bowl. Using wet hands, form mixture into 6 even patties. Put on a plate and refrigerate.
- 2 Heat oil** in a medium non-stick frying pan over a medium heat. Add onion and stir well. Reduce heat to low and cook, stirring occasionally, for 20 minutes or until onion is soft. Add brown sugar and vinegar. Increase heat to medium. Cook, stirring often, for 5 minutes.
- 3 Meanwhile**, spray a barbecue plate or chargrill with cooking spray. Heat on medium. Add patties and cook for 4 minutes. Turn and cook for a further 2 minutes. Put a cheese slice on top of each patty. Cook for 2 minutes or until cheese begins to melt and patties are cooked through.
- 4 Put lettuce** and tomato on each slice of toast. Add a patty to each. Top with a little mayonnaise and sweet chilli sauce. Top with caramelised onion and serve.



Prawn wonton soup

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

3 tsp olive oil
1 carrot, halved lengthways, thinly diagonally sliced
1 stick celery, thinly diagonally sliced
2cm piece ginger, finely grated
2 tsp white miso paste
500ml (2 cups) boiling water
1 bunch Chinese broccoli (gai lum), trimmed, cut into 4cm lengths
Coriander leaves, to serve

Prawn wontons

400g green prawns, peeled and deveined
3cm piece ginger, peeled, finely grated
70g drained water chestnuts, roughly chopped
1 clove garlic, peeled
1/4 cup coriander leaves
1/2 tsp sesame oil
14 wonton wrappers

1 Line an oven tray with baking paper. To make prawn wontons, put prawn, ginger, water chestnut, garlic, coriander and oil in a small food processor. Process until mixture is finely chopped. Lay wrappers on a flat surface. Divide mixture between wrappers. Wet edges of 1 wrapper and bring in corners to middle. Press firmly to seal. Put on prepared tray. Repeat with remaining wrappers.

2 Bring a large saucepan of water to the boil. Add wontons and cook for 3 minutes or until cooked. Using a slotted spoon, divide wontons between shallow serving bowls.

3 Meanwhile, heat the oil in a medium non-stick saucepan over a medium heat. Add carrot, celery and ginger. Cook, stirring occasionally, for 2 minutes. Add miso paste and water. Cover and bring to a simmer. Add Chinese broccoli and cook for 2 minutes.

4 Pour vegetable and miso mixture over the wontons. Sprinkle with coriander leaves and serve.



Prosciutto, beef and vegie meatloaf

PREPARATION TIME: 15 MINS
PLUS 15 MINS COOLING
COOKING TIME: 45 MINS
SERVES 4 (AS A MAIN)

Cooking spray

50g thinly sliced prosciutto
2 bunches broccolini, trimmed, steamed, to serve
2 bunches baby carrots, trimmed, steamed, to serve
Salt-reduced tomato sauce, to serve

Meatloaf

1 tsp extra virgin olive oil
200g button mushrooms, finely chopped
1 large brown onion, finely chopped
1 clove garlic, crushed
500g extra-lean beef mince
2 Tbsp salt-reduced tomato sauce
2 Tbsp no-added-salt tomato paste
200g sweet potato, coarsely grated
50g sourdough bread or gluten-free bread, processed into crumbs
50g egg, lightly whisked

1 Preheat oven to 170°C (fan-forced). Spray a 1.5L (5 cup), 7cm-deep, 10 x 20cm (base measurement) loaf tin with cooking spray.

2 To make meatloaf, heat oil in a large non-stick frying pan over a medium heat. Add mushroom, onion and garlic. Cook, stirring often, for 8-10 minutes or until mushroom is soft. Transfer to a bowl. Set aside to cool for 15 minutes.

3 Add mince, tomato sauce, tomato paste, sweet potato, breadcrumbs and egg. Using clean hands, mix until combined. Transfer to prepared tin, pressing evenly into tin. Arrange prosciutto on top, pushing into the mixture slightly.

4 Bake meatloaf for 35-40 minutes or until cooked through. Drain any juices from tin. Transfer to a wire rack for 5 minutes to rest.

5 Slice meatloaf and serve with broccolini, carrots and tomato sauce.

COOK'S TIP

For a different flavour, use Heart Smart pork mince or chicken breast mince instead of beef. The sourdough bread can also be replaced with wholemeal grain bread, and you can serve the meatloaf with other veggies, such as zucchini and beans. ■

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FOOD mains

7 days, 7 dinners

Planning the weekly menu has never been easier –
your ***nutritious meals*** and shopping list, all done!



nutrition info

PER SERVE 1686kJ,
protein 23g, total fat
14.3g (sat. fat 6.2g),
carbs 39g, fibre 10g,
sodium 625mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten-free option.



Monday

Haloumi, pea and
mint fritters with
tomato salad
Bursting with greenery,
these patties are easy-peasy!
see recipe, page 42 >>

Tuesday

Quick prawn, chilli and noodle stir-fry
Sweet and spicy with lots of crunch, this dish packs a punch!

see recipe, page 42 >>



How
our food
works
for you
see page 88

nutrition info

Left: PER SERVE 1875kJ,
protein 35g, total fat 13.6g
(sat. fat 2.3g), carbs 44g,
fibre 5g, sodium 709mg.

- Carb exchanges 3.
- GI estimate low.
- Gluten-free option.

Below: PER SERVE 1975kJ,
protein 36g, total fat 15.4g
(sat. fat 3.8g), carbs 45g,
fibre 5g, sodium 106mg.

- Carb exchanges 3.
- GI estimate low.

Wednesday

Leftovers

GROCERIES

Pistachios: Chop and sprinkle over fruit and yoghurt for breakfast. Add to a salad for extra crunch.

Cashews: Munch on a few as a snack or toss in salads and stir-fries.

Couscous: Use in salads as a carb option or serve with your meal as a low-GI side.

Polenta: Cook it to serve with your favourite casserole, or with pan-fried chicken and steamed veggies. Polenta can also be used in muffins and cakes.

Chilli flakes: For a flavour kick, scatter a pinch over meat or chicken before barbecuing or pan-frying. Use in salad dressings.

Sumac: Add a sprinkle to your garden salad for a twist, or spray lavash bread with olive oil cooking spray and dust with sumac. Bake in a preheated 180°C (fan-forced) oven for 6-7 minutes or until bread is crisp. Cool and serve as a snack or a healthy accompaniment to dips.

Lamb, pistachio and couscous salad

Tender slices sit atop a bed of antioxidant-rich goodies and pearly gems. It's yum!

see recipe, page 42 >>



• **GOOD for YOU**

Philadelphia Extra Light Cream For Cooking gives this dish a velvety texture with a massive 85% less fat than regular cream. Using it in this recipe saves you 18g of fat (13g of it saturated fat) and 559kJ per serve, which means it's great for your heart, and your hips!

Thursday

Creamy chicken, prosciutto and mushroom pasta
A triple treat (and much more!) to satisfy everyone.

see recipe, page 43 >>

nutrition info

PER SERVE 1801kJ,
protein 39g, total fat
11.6g (sat. fat 4.2g),
carbs 38g, fibre 6g,
sodium 695mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten-free option.



Friday

Curried fish pie

There's action aplenty under all that fabulous fluff.
see recipe, page 43 >>



nutrition info

Left: PER SERVE 1997kJ, protein 45g, total fat 12.7g (sat. fat 4.6g), carbs 42g, fibre 8g, sodium 322mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten-free option.

Below: PER SERVE 1932kJ, protein 39g, total fat 15.7g (sat. fat 4.5g), carbs 31g, fibre 6g, sodium 139mg.

- Carb exchanges 2.
- GI estimate low.
- Gluten-free option.

Leftovers

FRUIT AND VEGETABLES

Baby corn: Use in a beef and ginger stir-fry or add to soups or salads.

Mint: Make your own tzatziki dip by mixing low-fat Greek-style plain yoghurt with a squeeze of lemon juice and a little zest, a crushed garlic clove and shredded mint to taste.

Onion and cabbage: Finely slice the leftover onion, cook in a little olive oil with crushed garlic, then add shredded cabbage and a little stock. Cover and cook until the cabbage is tender. Season with pepper and serve as an accompaniment.

CHILLED

Haloumi: Thinly slice and pan-fry in a small non-stick frying pan sprayed with olive oil. Toss with salad leaves, corn kernels, grated carrot, beetroot and cucumber ribbons. Drizzle with balsamic glaze for an easy lunch.

Prosciutto: Use in pasta dishes or grill until crispy, then sprinkle over a salad.

Saturday

Chargrilled beef with potato rosti

Steak your claim on this – it's meat and veg with fancy twists!
see recipe, page 44 >>



Sunday

Parmesan and polenta fish
with sweet potato chips

Do try this at home – you'll be
pleasantly surprised at the result!

see recipe, page 44 >>

nutrition info

PER SERVE 1821kJ,
protein 36g, total fat
7.6g (sat. fat 2.5g),
carbs 51g, fibre 8g,
sodium 249mg.

- Carb exchanges 3½.
- GI estimate low.
- Gluten-free option.



BEHIND THE LABELS

We all know we should be reading food labels, but what are we actually looking for? Here's how to decode those confusing little panels!

INGREDIENTS LIST

Ingredients in packaged foods are listed in order of weight, so the bulk of the food is made up of the first few ingredients listed. If these are fat, sugars or salt, that food might not be the healthiest choice. These lists also include additives you might want to avoid, as well as ingredients that may contain common allergens (crustaceans, eggs, fish, milk, peanuts, soybeans, tree nuts, sesame seeds, sulphites and gluten – from wheat, rye, barley or oats).

NUTRITION PANEL

This panel usually has two columns: a 'per serve' analysis and a 'per 100g or 100ml' breakdown, which makes it easier to compare products. Manufacturers choose the serving size, which may help you to decide how much of the product you should eat. The 'per serve' analysis may also help you to count carbs, if this is part of your diabetes management plan.

As a general rule, try to buy products that fit the following guidelines.

Fat: Less than 10g total fat per 100g, with saturated fat less than 2g per 100g.

Exceptions: Hard cheeses, nuts and unsaturated oils.

Sodium (salt): Less than 120mg sodium per 100g.

Exceptions: Bread and stock – look for the lowest sodium options.

Sugars (sucrose, fructose): Less than 15g per 100g.

Exceptions: In foods containing dried fruit, aim for 25g or less per 100g.

Fibre: More than 7.5g fibre per 100g.

Exceptions: Foods that do not contain fibre, such as dairy products.

Kilojoules: The number of kilojoules per serve and per 100g is also listed, indicating whether the food is high or low in energy. As energy requirements differ from person to person, check out Food That Works For You (page 88) to estimate your needs.

For further information, go to foodstandards.gov.au and click onto 'Labelling' under the 'Consumer' tab.



Your shopping list

GROCERIES

- 80g pkt unsalted shelled pistachios
- 250g pkt Blu Gourmet Pearl Couscous
- 40g bottle ground sumac
- 450g pkt fine polenta
- 200g pkt Obento Udon Noodles
- 18g jar chilli flakes
- 200g pkt unsalted cashews

FRUIT AND VEGETABLES

- 2 Lebanese cucumbers
- 2 carrots
- 2 small red capsicums
- 100g snow peas
- 125g pkt baby corn
- ¼ green cabbage
- 400g orange sweet potato
- 800g Carisma potatoes
- 325g button mushrooms
- 1 leek
- 75g baby spinach leaves
- 1 bunch mint
- 100g broccoli
- 1 bunch broccolini
- 2 small red onions
- 2 large zucchinis
- 2 tomatoes
- 1 lemon

MEAT AND POULTRY

- 250g lamb backstrap
- 2 x 100g pieces beef fillet
- 200g skinless chicken breast fillet

FISH

- 4 x 150g pieces firm white fish fillets
- 500g green prawns

CHILLED

- 180g pkt Lemnos Salt Reduced Haloumi
- 100g pkt prosciutto
- 250ml tub Philadelphia Extra Light Cream For Cooking

FREEZER

- 500g pkt frozen peas

HAVE AT HOME

- Olive oil cooking spray
- Freshly ground black pepper
- Extra virgin olive oil
- Olive oil
- Extra virgin olive oil cooking spray
- Plain flour
- Wholemeal plain flour
- Wholemeal self-raising flour
- 3 eggs
- Sourdough bread
- 70g dried pasta
- Dijon mustard
- Wholegrain mustard
- Grated reduced-fat cheese
- Salt-reduced soy sauce
- 125ml red wine
- Red wine vinegar
- Balsamic vinegar
- Brown sugar
- Honey
- Curry powder
- 4 garlic cloves
- Parmesan
- Skim milk
- Low-fat milk
- Light margarine

SCAN AND SAVE

Use the free *viewa* app to scan this page and save this list to your phone. Handy!





Haloumi, pea and mint fritters with tomato salad

PREPARATION TIME: 15 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

150g frozen peas, defrosted, patted dry with paper towel
50g Lemnos Salt Reduced Haloumi, finely chopped
 $\frac{1}{4}$ cup finely shredded mint
2 x 50g eggs, lightly whisked
40g ($\frac{1}{4}$ cup) wholemeal self-raising flour or gluten-free flour
Freshly ground black pepper, to season
1 tsp extra virgin olive oil
2 tomatoes, cut into wedges
25g (1 cup) baby spinach leaves
 $\frac{1}{4}$ red onion, cut into thin slivers
1 Lebanese cucumber, chopped
2 x 30g slices sourdough bread or gluten-free bread, to serve
Lemon wedges, to serve
Mint leaves, to serve (optional)

1 Combine peas, haloumi, mint and egg in a bowl. Add flour and season with pepper. Mix until combined.

2 Heat oil in a large non-stick frying pan over a medium heat. Using 2 Tbsp of batter per fritter, add batter to pan and cook for 3 minutes on 1 side. Turn and cook for 2 minutes. Repeat to make a total of 8 fritters.

3 Put tomato, spinach, onion and cucumber in a bowl. Toss to combine. Divide salad between serving plates. Top fritters with mint, if you like, and serve with bread and lemon wedges.



Quick prawn, chilli and noodle stir-fry

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

200g pkt Obento Udon Noodles or gluten-free noodles
2 tsp olive oil
500g green prawns, peeled and deveined, tails intact
1 clove garlic, crushed
 $\frac{1}{4}$ tsp chilli flakes
 $\frac{1}{2}$ small red capsicum, cut into short, thin strips
50g baby corn, halved lengthways
50g snow peas, trimmed
50g baby spinach leaves
1 Tbsp honey
2 tsp salt-reduced soy sauce or gluten-free soy sauce
30g unsalted roasted cashews, roughly chopped, to serve

1 Put noodles in a heatproof bowl and cover with boiling water. Set aside for 2 minutes to soften. Drain well and set aside.

2 Heat half the oil in a large non-stick wok over a medium-high heat. Add prawns, garlic and chilli flakes. Stir-fry for 2 minutes or until prawns are just cooked through. Remove from wok and set aside.

3 Heat remaining oil in the wok over a medium-high heat. Add capsicum, baby corn and snow peas. Stir-fry for 2 minutes. Add noodles and cook for 1 minute, tossing to combine. Return prawns to the wok. Add spinach, honey and soy sauce

and stir-fry for 1-2 minutes or until prawns are heated through and spinach starts to wilt.

4 Divide stir-fry between serving bowls. Sprinkle with cashews. Serve.

COOK'S TIP

You can replace the prawns with skinless chicken breast fillet or lean lamb leg steaks, thinly sliced.



Lamb, pistachio and couscous salad

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 2 (AS A MAIN)

100g ($\frac{1}{2}$ cup) Blu Gourmet Pearl Couscous
250ml (1 cup) boiling water
250g lamb backstrap or fillet, trimmed of fat

Olive oil cooking spray
Freshly ground black pepper, to season

1 Lebanese cucumber, thinly sliced

1 carrot, halved lengthways, thinly diagonally sliced

1 small red capsicum, chopped into 1cm pieces

$\frac{1}{2}$ bunch mint, leaves picked
1/2 small red onion, cut into thin slivers

2 tsp unsalted shelled pistachios, roughly chopped

Dressing

Finely grated zest of $\frac{1}{2}$ lemon

1 Tbsp freshly squeezed lemon juice

2 tsp extra virgin olive oil
1 clove garlic, crushed
Pinch ground sumac

1 Put couscous and water in a small saucepan. Cover and bring to the boil over a high heat. Reduce heat to medium-low and cook, covered, for 8-10 minutes or until liquid is absorbed and couscous is tender. Transfer to a bowl. Set aside.

2 Meanwhile, preheat a chargrill pan on medium-high. Spray lamb on each side with cooking spray. Season with pepper. Add to chargrill and cook, turning occasionally, for 3-4 minutes for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside.

3 Add cucumber, carrot, capsicum, mint, onion and pistachios to couscous. Toss gently to combine.

4 To make dressing, put all the ingredients in a small bowl and whisk to combine.

5 Diagonally slice lamb across the grain. Add to salad. Drizzle over dressing and toss gently to combine. Divide between serving bowls. Serve.

COOK'S TIP

If you prefer, use lime juice instead of lemon juice, lean beef in place of lamb and swap sumac for ground cumin.



Creamy chicken, prosciutto and mushroom pasta

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

70g dried pasta or gluten-free pasta
200g skinless chicken breast fillet, trimmed of fat

Olive oil cooking spray
Freshly ground black pepper to season

1 tsp extra virgin olive oil
30g thinly sliced prosciutto, chopped
200g button mushrooms, thinly sliced
2 cloves garlic, finely chopped
½ leek, thinly sliced
1 bunch broccolini, florets removed, stems thinly sliced diagonally
½ cup Philadelphia Extra Light Cream For Cooking
1 tsp Dijon mustard or gluten-free mustard

1 Cook pasta in a small saucepan of boiling water, following pack instructions or until al dente. Drain, reserving 80ml (⅓ cup) cooking liquid. Return pasta to the pan.

2 Meanwhile, preheat a chargrill pan on medium. Spray chicken on each side with cooking spray. Season with pepper. Add to chargrill and cook for 4 minutes on each side, or until cooked through. Set aside for a few minutes to rest. Slice chicken.

3 Heat oil in a medium non-stick frying pan over a medium-high heat. Add prosciutto, mushroom, garlic and leek. Cook, stirring often, for 5-6 minutes or until mushroom softens. Add broccolini and cook for a further 2 minutes.

4 Add reserved cooking liquid, chicken, cream for cooking, mustard and mushroom mixture to the pasta. Toss until well combined and heated through. Divide between shallow serving bowls. Serve.

COOK'S TIP

You can use 200g broccoli instead of broccolini and wholegrain mustard in place of Dijon mustard.



Curried fish pie

PREPARATION TIME: 15 MINS
COOKING TIME: 40 MINS
SERVES 2 (AS A MAIN)

400g even-sized Carisma potatoes
1 tsp extra virgin olive oil
½ leek, thinly sliced
100g broccoli, cut into small pieces
125g button mushrooms, thinly sliced

1½ Tbsp wholemeal plain flour or gluten-free plain flour
1 tsp curry powder
310ml (1¼ cups) low-fat milk
300g boneless firm white fish fillets, cut into 2.5cm pieces
35g (½ cup) grated reduced-fat cheese
2 tsp light margarine
Extra 2 Tbsp low-fat milk

1 Preheat oven to 190°C (fan-forced). Line an oven tray with baking paper. Put potatoes in a medium saucepan and cover with plenty of cold water. Bring to the boil over a high heat. Reduce heat to medium and cook, partially covered, for 15-20 minutes or until tender when tested with a skewer. Drain and set aside.

2 Meanwhile, heat oil in a medium non-stick frying pan over a medium-high heat. Add leek, broccoli and mushroom. Cook, stirring often, for 5-6 minutes or until leek softens. Set aside.

3 Put flour and curry powder in a medium saucepan. Gradually whisk in milk. Cook over a medium heat, stirring, until the sauce thickens and comes to a simmer. Cook for ➤

FOOD mains

1 minute. Add fish and ¼ cup of the cheese. Stir gently to combine. Add mushroom mixture and stir well.

4 Spoon fish mixture into a shallow 750ml (3 cup) ovenproof dish. Peel potatoes and return to pan. Add margarine and mash until almost smooth. Add extra milk and beat until smooth.

5 Spread mashed potato over fish mixture. Use a fork to fluff up surface of potato. Sprinkle over remaining cheese. Put dish on prepared tray. Bake for 20 minutes or until golden brown and cooked through. Divide between serving bowls and serve.

COOK'S TIP

If you don't have a leek, just use a brown onion, finely chopped.



Chargrilled beef with potato rosti

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A MAIN)

400g Carisma potatoes, peeled, coarsely grated, excess moisture squeezed out

2 tsp extra virgin olive oil
2 x 100g pieces beef fillet, trimmed of fat

Olive oil cooking spray

Freshly ground black pepper, to season

125ml (½ cup) red wine

1 Tbsp red wine vinegar

1 tsp wholegrain mustard or gluten-free mustard

1 Tbsp brown sugar

2 large zucchinis, diagonally sliced, steamed, to serve

1 Preheat oven to 200°C (fan-forced). Line an oven tray with baking paper.

Put potato and oil in a medium bowl and stir until well combined.

2 Heat a large non-stick frying pan over a medium-high heat. Using a ¼ cup of the potato mixture per rosti, add mixture to pan, pressing down to form a circle. Cook, in batches, if necessary, for 3 minutes on each side or until potato is golden brown and cooked through, to make a total of 6 rosti. Arrange rosti on prepared tray. Transfer to oven until beef is ready to serve.

3 Spray each side of beef with cooking spray. Season with pepper. Heat the same frying pan over a medium-high heat. Add beef and reduce heat to medium. Cook for 2 minutes on each side for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside.

4 Increase heat to high. Add wine, vinegar, mustard and sugar. Cook, stirring occasionally, for 3 minutes or until the sauce reduces and thickens to a spoonable consistency.

5 Divide rosti and steamed zucchini between serving plates. Top with beef. Spoon sauce over beef and serve.

COOK'S TIP

For a change of flavour, replace the beef with skinless chicken breast fillet or lean lamb leg steaks and the wholegrain mustard with Dijon mustard. You could also serve the dish with broccoli instead of zucchini.



Parmesan and polenta fish with sweet potato chips

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

SERVES 2 (AS A MAIN)

400g orange sweet potato, peeled, cut into 1.5cm-thick chips

Extra virgin olive oil cooking spray

2 Tbsp plain flour or gluten-free plain flour

2 Tbsp fine polenta

2 Tbsp finely grated parmesan

50g egg

2 Tbsp skim milk

2 x 150g firm white fish fillets

Coleslaw

½ small red onion, cut into thin slivers

50g snow peas, trimmed, thinly shredded lengthways

50g (1 cup) finely shredded cabbage

1 carrot, coarsely grated

1 Tbsp balsamic vinegar

1 Preheat oven to 200°C (fan-forced).

Line 2 oven trays with baking paper. Spray sweet potato chips all over with cooking spray. Arrange chips in a single layer, on 1 prepared tray. Bake for 15 minutes.

2 Meanwhile, put flour on a small plate. Put polenta and parmesan on a plate and stir to combine. Whisk egg and milk in a shallow bowl. Dip fish into flour, then into egg mixture, then into parmesan mixture, to coat. Arrange fish on the second prepared tray.

3 Add fish to the oven with the chips. Bake for a further 15 minutes or until fish is cooked through and chips are tender.

4 Meanwhile, to make coleslaw, put onion, snow peas, cabbage, carrot and vinegar in a medium bowl. Toss to combine.

5 Put fish on serving plates. Serve with chips and coleslaw.

COOK'S TIPS

► You can replace the sweet potato with Carisma potatoes and the red onion with 2 green shallots, if you prefer.

► For a different type of crunch, use dried wholegrain breadcrumbs or panko breadcrumbs instead of the polenta. ■

Why we love Carisma Potatoes

Turn versatile, low-GI potatoes into wonderful dishes that will steal the mealtime show!

- Carisma Potatoes are full of flavour and so versatile – you can boil, mash or roast them.
- To achieve the low-GI rating, cook until al dente. It's easy! Just follow the instructions on the pack.
- Carisma Potatoes are the only certified potatoes in Australia to carry the official low-GI symbol, awarded by the Glycemic Index Foundation.
- Carisma Potatoes have a GI value of 55, while other varieties have an average of 77*.
- Proudly Australia grown, they're low in fat and are packed full of nutrients and they simply taste great.
- You'll find delicious low-GI Carisma Potatoes exclusively at Coles Supermarkets, nationwide[®].

For more information, visit carismapotatoes.com.au

Carisma Bake

Serves 8

1 kg Carisma Potatoes
1 large red onion, finely sliced
1 clove of garlic, crushed
60ml oil extra virgin olive oil

250ml skim milk
1/2 teaspoon salt
Pinch of nutmeg
60gm grated cheese

Preheat oven to 200°C. Peel potatoes and slice into ½ cm thick slices. Brush the base and sides of a baking dish with oil and place 1/3 of the sliced onions on base of dish. Add the chopped garlic. Cover the onions with sliced potatoes in overlapping layers.

Continue layering the sliced potatoes, onions, finishing with a layer of potato. Season with salt and pepper and a pinch of nutmeg. Pour on the milk which should come ¾ of the way up. Sprinkle with grated cheese and cover with baking paper and then alfoil.

Place in a preheated oven and bake until the potatoes are tender when pierced with a skewer. Approx 1 hour. Remove the alfoil and baking paper and continue baking until the top turns golden.

Carisma™ Potatoes



The GI value may vary depending on the cooking method and technique. Carisma potatoes are exclusive to Coles. © © and TM, The University of Sydney, used under licence. CD3838 * Data sourced from NUTTAB. *Unavailable in Tasmania.



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IN SEASON

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Low on carbs and big on flavour, ***versatile pumpkin*** has it all!

AT ITS BEST

Pumpkin is available all year round.

SELECT

Pumpkin is available in a range of varieties, colours, shapes and sizes. The most popular varieties are:

Jap: With mottled grey-green skin and vibrant orange flesh, this popular sweet-tasting variety is delicious roasted, steamed or used in soups.
Butternut: Bell-shaped with smooth, pale skin, butternut's flesh is lighter coloured than Jap pumpkin. It's good for roasting as it holds together well during cooking.

Grey: The most common of this type is the Queensland blue. Heavy, with ribbed grey skin, it works well in sweet or savoury dishes.

When purchasing a whole pumpkin, look for one that feels heavy and that has a thick, hard skin. If buying precut pieces, choose firm flesh and a sweet aroma.

PREPARE

Use a large, sharp knife to cut a pumpkin into pieces, then remove the seeds with a spoon. If roasting, you can keep the skin on to help it hold its shape. Otherwise, use a small, sharp knife to peel the skin. Cut into smaller pieces as required.

STORE

Whole pumpkin can be kept in a cool, dry, well-ventilated place for 2-3 months. Once cut, remove seeds and wrap the flesh in plastic wrap. Keep in the fridge for up to three days.

NUTRITION

Although sweet to taste, pumpkin has a low glycaemic load of about 3, which helps prevent BGL spikes. It's much lower in kilojoules and carbs than potato, making it a great substitute if spuds send your BGLs haywire.

Pumpkin is nutrient dense, packed with a wide range of vitamins and minerals. These include pro-vitamin A

(beta carotene, lutein and zeaxanthin), which helps support eye health. Just 100g of pumpkin can provide you with half of your daily pro-vitamin A needs. It also contains high levels of vitamin C, which can assist joint repair and wound healing.

In addition, pumpkin is a source of potassium, which helps lower high blood pressure. It's also loaded with fibre, which is important for digestion and bowel health.

QUICK IDEAS

➲ To liven up a roast or as a spicy side, cut pumpkin into wedges. Brush with maple syrup. Sprinkle with ground chilli, cinnamon and cardamom. Roast in an oven preheated to 200°C (fan-forced) until tender.

➲ The next time you make mash, use a mix of potato and pumpkin. Serve with a few toasted walnut pieces, parmesan shavings and a sprinkle of black pepper. ➤



**Spiced
pumpkin scones**
How's this for a winning
addition? The new
spice is nice!
see recipe, page 50>>

How
our food
works
for you
see page 88

**nutrition
info**

PER SERVE (2 scones)
541kJ, protein 3g, total
fat 4.6g (sat. fat 1.1g),
carbs 18g, fibre 2g,
sodium 190mg.
• Carb exchanges 1½.
• GI estimate medium.

This velvety veg is equally at home
in sweet and **SAVOURY** dishes

nutrition info

PER SERVE 974kJ,
protein 7g, total fat
6.4g (sat. fat 1g),
carbs 33g, fibre 8g,
sodium 172mg.

- Carb exchanges 2½.
- GI estimate medium.
- Gluten-free option.

**Roasted pumpkin
and garlic soup**
You'll make a meal of this
– warming, soothing and
deliciously satisfying.
see recipe, page 50 >>

Pumpkin, feta and spinach pie
Get a piece of the action
with a hot layered slice.
There's enough for six!
see recipe, page 50 >>

nutrition info

PER SERVE 1107kJ,
protein 16g, total fat
11.1g (sat. fat 5.2g),
carbs 26g, fibre 3g,
sodium 336mg.

- Carb exchanges 1½.
- GI estimate low.

FOOD *pumpkin*



Spiced pumpkin scones

PREPARATION TIME: 10 MINS

PLUS 30 MINS COOLING

COOKING TIME: 30 MINS

MAKES 24 (2 PER SERVE, AS A SNACK)

400g pumpkin, peeled and deseeded, chopped
160g (1 cup) wholemeal self-raising flour
115g (¾ cup) self-raising flour
½ tsp mixed spice
30g light margarine
2 Tbsp low-fat Greek-style plain yoghurt
Extra flour, for dusting
½ tsp light margarine, per scone, to serve

- 1 Put pumpkin** in a steamer basket over a saucepan of simmering water. Cook for 12–15 minutes or until very tender. Transfer to a medium bowl. Mash until smooth. Set aside until cooled completely.
- 2 Meanwhile**, preheat oven to 200°C (fan-forced). Line an oven tray with baking paper. Put flours and spice in a medium bowl and stir to combine. Using your fingertips, rub in margarine. Add cooled mashed pumpkin and yoghurt. Using a flat-bladed knife, mix until the dough starts to come together.
- 3 Turn out dough** onto a lightly floured surface and bring together to form a ball. Press or roll out dough to 1.5cm thick. Using a 4cm round cutter, cut out 24 rounds, rerolling and pressing out dough when necessary.
- 4 Arrange rounds** on prepared tray, so they are just touching each other. Dust with a little extra flour. Bake for 10–12 minutes or until cooked through.
- 5 Split scones** in half and spread each with ½ tsp margarine. Serve.



Roasted pumpkin and garlic soup

PREPARATION TIME: 10 MINS

COOKING TIME: 50 MINS

SERVES 4 (AS A LIGHT MEAL)

1kg pumpkin, deseeded, cut into wedges,
Extra virgin olive oil cooking spray
½ bulb garlic
1 Tbsp extra virgin olive oil
2 brown onions, finely chopped
1 Massel Ultracube Salt Reduced Vegetable Stock Cube
1.25L (5 cups) boiling water
4 x 30g slices sourdough bread or gluten-free bread, cut into cubes
Sage or chives, chopped, to serve
Freshly ground black pepper, to serve

- 1 Preheat oven** to 190°C (fan-forced). Line a roasting pan with baking paper. Add pumpkin to prepared pan and spray with cooking spray. Wrap garlic in foil and add to pan. Roast for 35–40 minutes or until pumpkin is very tender. Set aside.
- 2 Meanwhile**, heat oil in a medium saucepan over a medium heat. Add onion. Reduce heat to low and cook for 8–10 minutes or until onion is very soft. Put stock cube in a heatproof jug and pour over boiling water. Stir well.
- 3 Peel pumpkin** and put flesh in a blender or food processor. Squeeze garlic from skin and add to blender with onion and stock. Process until smooth. Return soup to pan and bring to a simmer over a medium heat. Cook for 10 minutes.
- 4 Meanwhile**, line a small oven tray with baking paper. Put bread cubes on the prepared tray and spray with cooking spray. Bake for 8–10 minutes or until golden brown. Set aside.
- 5 Ladle soup** into bowls. Top with croutons, herbs and pepper. Serve.



Pumpkin, feta and spinach pie

PREPARATION TIME: 15 MINS

COOKING TIME: 50 MINS

SERVES 6 (AS A LIGHT MEAL)

600g pumpkin, peeled and deseeded, cut into 1cm-thick slices
60ml (¼ cup) water
7 sheets filo pastry
Olive oil cooking spray
8 x 50g eggs, lightly whisked
310ml (1½ cups) low-fat milk
Freshly ground black pepper, to season
75g (3 cups) baby spinach leaves
100g reduced-fat feta, crumbled
75g (3 cups) mixed salad leaves, to serve
Balsamic glaze, to serve

- 1 Layer pumpkin** in a shallow microwave dish. Add water. Cover and cook on high/100% for 5–6 minutes or until pumpkin is just tender. Transfer to a large oven tray to cool slightly. Set aside.
- 2 Preheat oven** to 190°C (fan-forced). Spray a shallow rectangular 3L (12 cup) ovenproof dish with cooking spray. Lay 1 sheet of filo on a clean surface. Spray with cooking spray. Continue to spray and layer the remaining sheets. Line dish with pastry, trimming to fit.
- 3 Whisk egg** and milk in a medium bowl. Season with pepper. Layer half the pumpkin, spinach and feta in the prepared dish. Repeat with remaining pumpkin, spinach and feta. Pour over egg mixture.
- 4 Bake for 35–40 minutes** (covering with foil after 20 minutes if pastry becomes too brown) or until set and golden. Set aside for 5 minutes. Cut into pieces. Divide salad leaves between serving plates. Drizzle with balsamic glaze and serve with pie. ■

Do you have *decision FATIGUE?*

It has been estimated that we make over 35,000 decisions every day. Some of them big like choosing a houseplan and some seemingly insignificant like which shoe to put on first.

All these decisions can sap our strength for making small but significant health decisions that make up our daily diet.

Will I cook tonight or pick up take away? Do I dish out some yoghurt for supper or open this block of chocolate?

You can relieve much of this pressure through menu planning. Making food decisions earlier

in the day when you have more brain capacity can change your life.

If you need help with planning a healthy menu for weight loss and Type 2, then the 4 Week Weight Loss Menu Plan is an easy start. Inside you'll find everyday recipes, nutritionally balanced meal plans, shopping lists and portion accurate photos so you know what you're aiming for. Add it to **your toolbox today.**



Amanda Clark,
Australian dietitian
and creator of
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For further assistance, or if you are taking insulin or medication for either Type 2 or Type 1 diabetes, consult your Accredited Practising Dietitian.

A woman with short blonde hair is smiling while eating a meal outdoors. She is wearing a white t-shirt and is holding a fork with a piece of food on it. In front of her is a plate of food, possibly a sandwich or salad, and a glass of water. The background shows a sunny, green outdoor setting.

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All about THE BASE

Master the art of making your own pizza dough in four simple steps.
Full of fibre, low in salt and no additives, it's the **way to dough!**

Basic pizza dough

PREPARATION TIME: 10 MINS

PLUS 30 MINS PROVING

MAKES 2 (ENOUGH DOUGH TO LINE

2 X 30CM ROUND PIZZA TRAYS)

SERVES 8 (AS PART OF A LIGHT MEAL)

160g (1 cup) wholemeal plain flour

150g (1 cup) plain flour

7g sachet dried yeast

250ml lukewarm water

Extra flour, for dusting

Cooking spray

Step 1 Put flours and yeast in a medium bowl and stir to combine. Pour in water. Using

a flat-bladed knife, mix until dough starts to form a ball.

Step 2 Turn out dough onto a lightly floured surface and knead until smooth. Spray a large bowl with cooking spray. Transfer dough to the bowl and cover with plastic wrap or a clean, dry tea towel. Set aside in a warm, draught-free place for 30 minutes to prove.

Step 3 Using your fist, punch down the dough to its original size. Turn out onto a lightly floured surface and knead until smooth.

Step 4 Spray two 28-30cm round pizza trays with cooking spray. Divide dough in half. Roll out 1 half

on a lightly floured surface until about large enough to cover 1 tray. Line tray with dough, pushing dough up the edges of the tray. Repeat with remaining dough and tray. Freeze or use as required.

FREEZING TIPS

You can make the pizza dough and line the trays (to the end of Step 4). Put the prepared trays in the freezer for 4 hours, or until the dough is frozen. Then remove the bases from trays and wrap each in a double layer of plastic wrap. Freeze for up to 3 months. Top and cook the bases from frozen. ➤



nutrition info

PER SERVE (dough only)

577kJ, protein 4g, total fat

0.6g (sat. fat 0.1g), carbs

27g, fibre 3g, sodium 2mg.

- Carb exchanges 1½.

- GI estimate medium.

FOOD basics



GOOD FOR YOU

Our Supreme recipe lowers the salt by more than half of a takeaway pizza, and reduces the kilojoules and fat by about a third.

Supreme pizzas

PREPARATION TIME: 15 MINS
(NOT INCLUDING PIZZA DOUGH)
COOKING TIME: 20 MINS
SERVES 8 (AS A LIGHT MEAL)

½ quantity Quick pizza sauce (see recipe, this page)
2 pizza bases made with Basic pizza dough (see recipe, page 53)
200g button mushrooms, sliced
1 red capsicum, cut into short, thin strips
1 small red onion, cut into thin wedges
50g pitted kalamata olives, quartered
50g salt-reduced shaved ham, cut into short, thin strips
50g reduced-fat salami, cut into short, thin strips
155g (1½ cups) reduced-fat grated mozzarella

Salad

50g (2 cups) mixed salad leaves, spinach or rocket
1 Lebanese cucumber, peeled into ribbons
1 carrot, peeled into ribbons
100g sugar snap peas, trimmed
Balsamic glaze, to serve (optional)

1 Preheat oven to 200°C (fan-forced). Spread pizza sauce evenly over pizza bases.

2 Divide mushroom between bases. Sprinkle over capsicum, onion, olives, ham and salami. Sprinkle over cheese. Bake pizzas for 15–18 minutes or until bases are crisp and cheese is golden.

3 Meanwhile, to make the salad, put salad leaves, cucumber, carrot and sugar snap peas in a large bowl and toss to combine. Drizzle with balsamic glaze, if using.

4 Cut pizza into even wedges. Divide between serving plates and serve with salad.

nutrition info

PER SERVE 1059kJ, protein 15g, total fat 6.2g (sat. fat 2.5g), carbs 31g, fibre 6g, sodium 366mg.
• Carb exchanges 2.
• GI estimate medium.

COOK'S TIPS

► For a spicy Mexican pizza, omit salami and ham, and reduce cheese by half. Cook 100g extra-lean beef mince in a small non-stick frying pan over a medium-high heat for 3–4 minutes. Stir in ¼ tsp ground

chilli, 2 tsp ground coriander and 1 tsp ground cumin. Cook, stirring, for 1 minute. Sprinkle over pizza. Before serving, spoon over 4 Tbsp extra-light sour cream, coriander leaves and finely chopped tomato.

► For a vegie option, replace ham and salami with 1 zucchini, peeled into ribbons, and 50g snow peas, cut into thin strips. Switch half the cheese for low-fat ricotta. ■

Quick pizza sauce

Heat 1 tsp **extra virgin olive oil** in a small saucepan over a medium heat. Cook, stirring, for 1 minute. Add 400g can **no-added-salt chopped tomatoes**, 125ml (½ cup) **water** and 1 tsp **dried oregano**. Simmer for 10 minutes or until mixture reduces and thickens. Set aside for 10 minutes. Process in a blender or small food processor until smooth. Set aside to cool. Use as required. Freeze any remaining pizza sauce in a small ice-cube tray.

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How
our food
works
for you

see page 88

**nutrition
info**

PER SERVE 1669kJ,
protein 37g, total fat 2.8g
(sat. fat 0.7g), carbs 49g,
fibre 6g, sodium 493mg.

- Carb exchanges 3½.
- GI estimate low.
- Gluten-free option.

**Chinese spiced
chicken skewers
with salad**

Love Asian flavours? This
spicy dish really sticks out.
see recipe, page 60 >>

Cooking for one

Dine in style every night with our menu
of **quick and easy**, fuss-free meals

nutrition info

PER SERVE 1804kJ,
protein 33g, total fat
13.9g (sat. fat 4.9g),
carbs 38g, fibre 9g,
sodium 480mg.

- Carb exchanges 2½.
- GI estimate low.
- Gluten-free option.



Meatball sub

Beef up your filling with
a tasty sauce and salad,
and have yourself a ball!

see recipe, page 60 >>

GOOD for YOU

A great pantry staple, canned salmon is loaded with omega-3 fatty acids, which can help protect your heart. Choose the no-added-salt version and you save 270mg of sodium. Those little salmon bones are a good source of calcium, too, so crush them up and use them.

Salmon mornay
Just 25 minutes is all it takes for creamy comfort food with golden crunch!
see recipe, page 60 >>

nutrition info

PER SERVE 2059kJ,
protein 40g, total fat
14.5g (sat. fat 5.4g),
carbs 43g, fibre 9g,
sodium 438mg.

- Carb exchanges 3.
- GI estimate low.
- Gluten-free option.

nutrition info

PER SERVE 1708kJ,
protein 22g, total fat
12.8g (sat. fat 5.2g),
carbs 44g, fibre 13g,
sodium 254mg.

- Carb exchanges 3.
- GI estimate low.
- Gluten-free option.



**Cheese and vegie
pancakes**

A plate of many colours...
what a delightful way to
get your daily dose of veg!
see recipe, page 61 >>



Chinese spiced chicken skewers with salad

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

50g (1/4 cup) SunRice Doongara Clever Low GI White Rice
1/2 tsp Chinese five-spice powder
1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
1 Tbsp sherry
125g skinless chicken breast fillet, trimmed of fat, cut into cubes
1 Lebanese cucumber, peeled into ribbons
6 cherry tomatoes, halved
1 cup bean sprouts
20g Obento pickled ginger

1 Cook rice in a small saucepan of boiling water following packet instructions or until tender. Drain well.
2 Meanwhile, combine Chinese five-spice, soy sauce and sherry in a shallow dish. Add chicken and toss to combine. Set aside for 10 minutes to marinade.

3 Preheat a chargrill plate on medium-high. Remove chicken from marinade and thread evenly onto 3 small skewers. Add to chargrill and reduce heat to medium. Cook for 4 minutes, turning occasionally, or until chicken is cooked through.
4 Put cucumber, tomato, sprouts and ginger in a bowl. Toss to combine. Arrange salad on a serving plate. Add rice and skewers, and serve.

COOK'S TIPS

- If using wooden skewers, soak them in water for 15 minutes before use to prevent them from burning.
- You can swap lean beef for chicken and a small carrot for cucumber.



Meatball sub

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

SERVES 1 (AS A MAIN)

65g Bakers Delight Wholemeal Long Roll or gluten-free roll
50g iceberg lettuce, torn
4 slices tomato
1 Tbsp grated reduced-fat cheese

Meatballs

80g extra-lean beef mince
1 Tbsp dried multigrain breadcrumbs or gluten-free breadcrumbs
1/2 tsp dried oregano
1 egg yolk (from 50g egg)
Freshly ground black pepper to season
Olive oil cooking spray

Tomato sauce

1 tomato, chopped
1 clove garlic, crushed
80ml (1/3 cup) water

1 Preheat oven to 190°C (fan-forced). Line a small oven tray with baking paper. To make meatballs, put mince, breadcrumbs, oregano and egg yolk in a small bowl. Season with pepper. Using your hands, mix well to combine. Shape mixture into 4 even-sized meatballs.

2 Spray a small non-stick frying pan with cooking spray and heat over a medium-high heat. Add meatballs and cook, turning occasionally, for 2-3 minutes or until well browned. Transfer to prepared tray and bake for 5 minutes or until meatballs are just cooked through.

3 Meanwhile, to make tomato sauce, put tomato, garlic and water in a small saucepan. Cover and bring to a simmer over a high heat. Reduce heat to medium and cook, covered, for 5 minutes or until tomato breaks down and forms a thick sauce. Mash with a fork, if you like.

4 Split roll in half and put lettuce and tomato on base. Arrange meatballs on top. Spoon over tomato sauce and sprinkle with cheese. Add roll top and serve.

COOK'S TIP

If you prefer, you can replace the iceberg lettuce with rocket or mixed salad leaves, and the dried oregano with dried mixed herbs.



Salmon mornay

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

100g broccoli, cut into small florets
100g sweet potato, chopped
60ml (1/4 cup) water
25g (1 cup) baby spinach leaves
105g can Coles No Added Salt Red Salmon, drained, flaked
1 Tbsp wholemeal plain flour or gluten-free flour
160ml (2/3 cup) skim milk
1 tsp Dijon mustard or gluten-free mustard

If variety is the spice of life, this menu is SMOKIN' hot!

2 Tbsp reduced-fat grated cheese

Freshly ground black pepper,
to season

1 Tbsp dried multigrain breadcrumbs
or gluten-free breadcrumbs

1 Preheat oven to 210°C (fan-forced). Put broccoli and sweet potato in a small microwave dish. Add water, cover and cook on high/100% for 2 minutes or until vegetables are almost tender. Drain well.

2 Arrange spinach over the base of a small ovenproof dish. Top with broccoli and sweet potato. Sprinkle salmon over vegetables.

3 Put flour in a small saucepan and gradually whisk in milk. Cook over a medium heat, stirring, until the mixture comes to a simmer and thickens. Remove pan from heat. Add mustard and half the cheese. Season with pepper and stir to combine.

4 Spoon sauce over vegetables. Sprinkle with breadcrumbs and remaining cheese. Bake for 8-10 minutes or until cheese melts and breadcrumbs are golden. Serve.

COOK'S TIP

If you like, you can substitute pumpkin for sweet potato and canned tuna for salmon.



Cheese and vegie pancakes

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

50g egg, lightly whisked

60ml (¼ cup) skim milk

Freshly ground black pepper,
to season

1 small (100g) carrot, coarsely grated

1 small (100g) zucchini,
coarsely grated

2 Tbsp reduced-fat grated cheese

40g (½ cup) wholemeal self-raising
flour or gluten-free flour

Cooking spray

1 small tomato, chopped

2 Tbsp frozen corn kernels, thawed

1 Tbsp chopped flat-leaf parsley

1½ Tbsp extra-light sour cream,
to serve

1 Put egg and milk in a small bowl. Season with pepper and whisk to

combine. Put carrot, zucchini, cheese and flour in a medium bowl and stir to combine. Add egg mixture to vegie mixture and stir until well combined.

2 Spray a medium non-stick frying pan with cooking spray and heat over a medium heat. Add one-third of the batter and spread out to form a round shape. Cook for 3 minutes or until the base is golden brown. Turn over and cook for a further 2 minutes or until cooked through. Transfer to a plate and cover with foil to keep warm. Repeat with remaining batter to make 3 small pancakes.

3 Stack pancakes on a serving plate. Combine tomato, corn and parsley. Sprinkle over pancakes. Spoon over sour cream and serve.

COOK'S TIPS

► For a variation, you could use grated sweet potato instead of carrot and 2 Tbsp low-fat ricotta instead of reduced-fat cheese.

► If you prefer, replace the tomato with 4 cherry tomatoes, chopped, and the parsley with coriander. ■



Healthy
classic

IT'S BACK! *Cheesy mac*

Smash the fat and ***blitz the kilojoules*** – our clever recipe revamp puts this comfort-food classic back on the menu!

While it's always been a popular, quick and easy dinner, macaroni and cheese has never been lauded for its healthy qualities. But now there's some good news...

By switching the traditional kilojoule-laden white sauce for a creamy cauliflower puree, we've cut the saturated fat by 30g per serve (and added 3g of fibre), without sacrificing any of the rich flavours. We've also added a colourful side salad, which is packed with vitamins, minerals and fibre.

Overall, our rebooted mac and cheese contains half the kilojoules of a traditional mac, while cutting down carbs by 2 exchanges per serve.

Macaroni and cheese

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

SERVES 2 (AS A MAIN)

80g dried macaroni or gluten-free pasta
200g cauliflower, cut into small florets
375ml (1½ cups) skim milk
1½ Tbsp plain flour or gluten-free plain flour

100g Pantalica Smooth Light Ricotta
Pinch ground smoky paprika
1 tsp Dijon mustard or gluten-free mustard
Freshly ground black pepper, to season
40g (½ cup) low-fat grated cheese
1 slice (40g) sourdough bread or gluten-free bread, processed into crumbs

Salad

50g snow pea sprouts, trimmed
1 Lebanese cucumber, peeled into ribbons
25g (1 cup) rocket leaves
1 iceberg lettuce leaf, torn into pieces
1 small red capsicum, cut into short, thin strips

- 1 Bring a medium saucepan of water to the boil. Add pasta and cook for 6 minutes. Add cauliflower and cook for a further 4-6 minutes or until cauliflower is very tender and pasta is al dente. Drain well.
- 2 Using a slotted spoon, transfer cauliflower to a small food processor. Add 60ml (¼ cup) of the milk and process until smooth. Set aside.

3 Preheat oven to 190°C (fan-forced). Put 2 x 375ml (1½ cup) ovenproof dishes on an oven tray. Put flour in a small saucepan and whisk in remaining milk. Cook over a medium heat, stirring, until mixture thickens and comes to a simmer. Cook, stirring, for 1 minute. Add ricotta, paprika and mustard. Season with pepper and whisk well to combine. Stir in half the cheese.

4 Add pasta and cauliflower puree to white sauce. Mix until well combined. Divide mixture between dishes. Combine breadcrumbs and remaining cheese in a small bowl. Sprinkle evenly over pasta mixture. Bake for 12-15 minutes or until golden brown.

5 Meanwhile, to make the salad, put all the ingredients in a medium bowl. Toss to combine.

6 Serve salad with macaroni and cheese. ■



SCAN AND SHARE

Use the free *Viewa* app to scan this page and share this recipe with friends!



Macaroni and cheese
Just like Mum used to make, only better for you!
see recipe, opposite >>

How
our food
works
for you
see page 88

**nutrition
info**

PER SERVE 1907kJ,
protein 30g, fat 9.1g
(sat fat 5.1g), carbs 58g,
fibre 8g, sodium 414mg.
• Carb exchanges 4.
• GI estimate low.
• Gluten-free option.

Global roaming

Take your tastebuds on a flavour-filled journey inspired by the world's top cuisines



**Roasted pumpkin
and barley salad**
Fresh from the Med,
this vibrant meal is one
power-packed vitamin pill!
see recipe, page 70 >>

nutrition info

PER SERVE 1191kJ,
protein 12.5g, total fat
9.2g (sat. fat 2.6g),
carbs 30g, fibre 13g,
sodium 205mg.
• Carb exchanges 2.
• GI estimate low.

Chicken and leek soufflé omelette
If you fluff things up a bit,
you'll take this French
classic to a whole new level.
see recipe, page 70 >>

How
our food
works
for you

see page 88

**nutrition
info**

PER SERVE 1299kJ,
protein 33g, total fat 13.4g
(sat. fat 4.5g), carbs 13g,
fibre 4g, sodium 464mg.

- Carb exchanges 1.
- GI estimate low.
- Gluten-free option.



Poached chicken
and risoni salad
It's lean and green, with
plenty of bulk to keep
you keen. Bellissimo!
see recipe, page 70 >>



nutrition info

PER SERVE 1103kJ,
protein 27g, total fat
6.8g (sat. fat 1.3g),
carbs 22g, fibre 3g,
sodium 125mg.

- Carb exchanges 1½.
- GI estimate low.
- Gluten-free option.

nutrition info

PER SERVE 1173kJ,
protein 16g, total fat
10.9g (sat. fat 4.5g),
carbs 27g, fibre 4g,
sodium 296mg.

- Carb exchanges 1½.
- GI estimate low.
- Gluten free.

gluten free

**Zucchini, potato
and parmesan soup**
Make this creamy Italian
meal-in-a-bowl your go-to
winter warmer. It's souperb.
see recipe, page 71 >>

Indian-style crepes

If you love curry, you'll be wrapt in this twist – it comes with a minty sauce, too.

see recipe, page 71 >>

GOOD for YOU

Besan (chickpea flour) is a great gluten-free option. It has twice the protein and three times the fibre of regular flour, and about 35 per cent less carbohydrate. It also has a lower GI, which helps you better manage your BGLs. Find it in supermarkets and health food stores.



nutrition info

PER SERVE 1515kJ,
protein 17g,
total fat 9g (sat. fat 2g),
carbs 45g, fibre 10g,
sodium 641mg.

- Carb exchanges 3.
- GI estimate low.

Oven-baked
vegie spring rolls
Filling groovy? This Asian
revamp combines sweet
potato and hints of ginger.
see recipe, page 72 >>

nutrition info

PER SERVE 1120kJ,
protein 9g, total fat
7.2g (sat. fat 1.3g),
carbs 40g, fibre 5g,
sodium 416mg.

- Carb exchanges 2½.
- GI estimate low.

Roll up, roll up! Do try these
baked bites – they're *FILO FABULOUS*



Roasted pumpkin and barley salad

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES 2 (AS A LIGHT MEAL)

500g piece pumpkin,
peeled, cut into 3cm pieces
1 red onion, cut into wedges
Extra virgin olive oil cooking spray
100g sugar snap peas
80g (½ cup) pearl barley, rinsed
1 cup parsley leaves
1 cup mint leaves
30g reduced-fat feta, crumbled

Dressing

1½ Tbsp balsamic vinegar
Juice of ½ lemon
2 tsp extra virgin olive oil
Freshly ground black pepper,
to season

1 Preheat oven

to 200°C (fan-forced). Line a roasting pan with baking paper. Put pumpkin and onion in prepared pan and spray with cooking spray. Roast for 20 minutes or until pumpkin is tender. Set aside for 10 minutes to cool.

2 Meanwhile, bring a small saucepan of water to the boil. Add peas to pan and cook for 1 minute. Using a slotted spoon, transfer to a sieve and rinse under cold water. Set aside. Add barley to water in pan and cook for 20 minutes or until tender. Drain. Transfer to a large bowl. Set aside for 5 minutes to cool.

3 To make dressing, whisk all ingredients in a small bowl.

4 Add peas, parsley and mint to barley with dressing. Toss to combine. Add pumpkin and onion and toss gently to combine. Divide salad between shallow bowls. Sprinkle with feta and serve.



Chicken and leek soufflé omelette

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A LIGHT MEAL)

1 tsp extra virgin olive oil
1 leek, halved lengthways,
cut into thin strips
2 Tbsp salt-reduced chicken stock
or gluten-free stock
150g skinless chicken breast fillet,
trimmed of fat
Olive oil cooking spray
Freshly ground black pepper,
to season
3 x 50g eggs, separated
2 Tbsp chopped flat-leaf parsley
30g reduced-fat grated cheese
25g (1 cup) rocket leaves
Parsley sprigs, to serve
2 x 30g slices wholemeal sourdough
bread or gluten-free bread, to serve

1 Heat oil

in a medium non-stick frying pan over a medium heat. Add leek and cook, stirring often, for 2 minutes or until lightly browned. Add stock, cover and reduce heat to low. Cook, covered, stirring once or twice, for 8-10 minutes or until leek is very tender. Transfer to a bowl, cover with foil and set aside.

2 Meanwhile, heat a chargrill pan over a medium heat. Spray chicken with cooking spray. Season with pepper. Add to pan and cook for 4 minutes on each side or until cooked. Transfer to a plate. Set aside for 5 minutes. Thinly diagonally slice.

3 Preheat a grill

on medium. Combine egg yolks, parsley and cheese in a medium bowl. Season with pepper. Using electric beaters, whisk eggwhites until firm peaks form. Add egg yolk mixture and fold in until just combined. Spray a large

non-stick frying pan with cooking spray. Heat over a medium heat. Pour half the egg mixture into pan, spreading out slightly to cover base. Cook for 3 minutes or until omelette is set underneath and golden brown. Transfer to the grill and cook for 2 minutes or until top is set.

4 Spread half the leek mixture and half the chicken over half the omelette. Top with half the rocket. Using a spatula, fold over unfilled omelette half to cover filling.

Transfer to a serving plate. Cover with foil. Repeat with remaining egg mixture, leek mixture, chicken and rocket. Sprinkle with parsley and serve with bread.



Poached chicken and risoni salad

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A LIGHT MEAL)

50g dried risoni or gluten-free pasta
25g (1 cup) baby spinach
2 sticks celery, diagonally sliced
1 small green capsicum, thinly sliced

Poached chicken

1 tsp Massel Salt Reduced Chicken Style Stock Powder
500ml (2 cups) water
½ carrot, thinly sliced
1 stick celery, diagonally sliced
Sprig thyme
200g skinless chicken breast fillet,
trimmed of fat

Dressing

2 Tbsp freshly squeezed orange juice
2 Tbsp poaching liquid, from chicken
2 tsp extra virgin olive oil
1 tsp Dijon mustard or
gluten-free mustard

1 To poach chicken, put stock powder, water, carrot, celery and thyme in a small non-stick frying pan. Bring to a simmer over a medium heat. Reduce heat to low and add chicken. Cook for 10 minutes or until chicken is just cooked. Remove pan from heat and set aside with chicken in liquid for 5 minutes. Transfer chicken to a plate, reserving 2 Tbsp of the poaching liquid. Set aside to cool.

2 Meanwhile, cook pasta in a small saucepan of boiling water following pack instructions or until al dente. Drain. Rinse under cold water. Drain again. Transfer to a large bowl.

3 To make dressing, whisk orange juice, poaching liquid, oil and mustard in a small bowl until combined.

4 Thinly slice chicken. Add to pasta with spinach, celery and capsicum. Toss to combine. Add dressing to salad and toss to combine. Serve.

COOK'S TIP

For a bit more tang, replace the orange juice with lemon juice and the Dijon mustard with wholegrain.



Zucchini, potato and parmesan soup

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

SERVES 4 (AS A LIGHT MEAL)

1 Tbsp extra virgin olive oil
400g Carisma potatoes, chopped
2 cloves garlic, finely chopped
1 tsp Massel Salt Reduced Chicken Style Stock Powder
500ml (2 cups) boiling water
375ml can Carnation Light & Creamy Evaporated Milk
50g piece parmesan
600g zucchini, chopped

nutrition info

PER SERVE 1076kJ, protein 13g, total fat 10.5g (sat. fat 4.8g), carbs 29g, fibre 4g, sodium 351mg. • Carb exchanges 2. • GI estimate low. • Gluten-free option.



Carrot, feta and dill quiche

Nice, different, unusual... nothing beats an Aussie twist on a French fave.

see recipe, page 72 >>

Freshly ground black pepper, to serve

Extra 10g shaved parmesan, to serve

Parsley sprigs, to serve



Indian-style crepes

PREPARATION TIME: 15 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A LIGHT MEAL)

200g sweet potato, peeled, diced
200g cauliflower, cut into small pieces
60ml (1/4 cup) water
1 tsp olive oil
1 brown onion, cut into thin wedges
2 tsp medium curry paste
40g (1 1/2 cups) baby spinach leaves
1 lime, cut into wedges, to serve

Crepe batter

3 Tbsp besan (chickpea flour)
3 Tbsp wholemeal plain flour
Pinch bicarbonate of soda
125ml (1/2 cup) water ➤

FOOD light meals

50g egg, lightly whisked
Cooking spray

Mint yoghurt

70g (½ cup) low-fat Greek-style plain yoghurt
2 tsp freshly squeezed lime juice
2 Tbsp finely chopped mint

1 Put sweet potato and cauliflower in a shallow microwave dish. Add water. Cover and cook on high/100% for 5 minutes or until tender. Drain well and set aside.

2 Heat oil in a medium non-stick frying pan over a medium heat. Add onion and cook, stirring often, for 6-7 minutes or until onion softens. Add curry paste and cook, stirring, for 1 minute. Add sweet potato and cauliflower, mashing slightly with a potato masher. Set aside in pan.

3 Meanwhile, to make crepe batter, put flours, bicarb, water and egg in a bowl and whisk until smooth. Transfer to a jug. Spray a large non-stick frying pan with cooking spray. Heat over a medium heat. Add half the batter to pan, tilting pan to cover base. Cook for 2-3 minutes, or until base is golden. Transfer to a plate. Repeat with remaining batter and cooking spray.

4 To make mint yoghurt, combine all ingredients in a small bowl.

5 Put crepes on a board. Add spinach to cover one-third of each crepe. Top with vegetables and mint yoghurt. Squeeze a little lime juice over each. Fold in sides and roll up to enclose filling. Cut in half. Serve with lime.



Oven-baked vegie spring rolls

PREPARATION TIME: 15 MINS
PLUS 30 MINS COOLING
COOKING TIME: 25 MINS
SERVES 4 (AS A LIGHT MEAL, 3 PER SERVE)

1 Tbsp extra virgin olive oil
1 brown onion, finely chopped
1 clove garlic, crushed
3cm piece ginger, finely grated
150g (3 cups) shredded cabbage
180g orange sweet potato, peeled, coarsely grated
1 small capsicum, cut into thin strips
100g button mushrooms, thinly sliced
1 tsp salt-reduced soy sauce
12 sheets filo pastry
Olive oil cooking spray
50g egg, lightly whisked
1 Tbsp sweet chilli sauce, to serve

1 Heat oil in a large non-stick frying pan over a medium-high heat. Add onion, garlic, ginger, cabbage, sweet potato, capsicum and mushroom. Cook, stirring, for 5 minutes or until tender. Stir in soy. Transfer to a dish. Set aside for 30 minutes to cool.

2 Preheat oven to 190°C (fan-forced). Line 2 oven trays with non-stick baking paper. Lay 1 pastry sheet on a flat surface. Spray with cooking spray. Top with a second sheet. Spray and repeat with a third sheet. With the long side facing you, cut stack from top to bottom into 3 pieces. Spoon 2½ Tbsp of the filling on 1 short side of each pastry piece. Brush edges with a little egg. Fold in sides and roll up to enclose filling. Put on prepared tray and brush with egg. Repeat with remaining pastry sheets (to make 3 more stacks), filling and egg. Bake for 18-20 minutes or until golden.

3 Serve spring rolls with sweet chilli sauce.



Carrot, feta and dill quiche

PREPARATION TIME: 15 MINS
PLUS 30 MINS CHILLING
COOKING TIME: 1½ HOURS
SERVES 4 (AS A LIGHT MEAL)

Olive oil cooking spray
1 sheet 25% reduced-fat puff pastry, thawed, or gluten-free puff pastry
Plain flour, for dusting
¼ tsp extra virgin olive oil
2 small brown onions, thinly sliced
1 Tbsp water
1 medium carrot, coarsely grated
3 Tbsp chopped dill
40g reduced-fat feta, crumbled
4 x 50g eggs
160ml (⅔ cup) low-fat milk
Freshly ground black pepper, to season

Salad

50g snow pea sprouts, trimmed
100g drained canned baby beets, patted dry with paper towel, quartered
1 Lebanese cucumber, chopped

1 Line an oven tray with baking paper. Spray a 3cm-deep, 20cm (base measurement) loose-based flan tin with cooking spray. Roll out pastry on a lightly floured surface until large enough to line tin. Line tin, trimming edges and discarding any remaining pastry. Refrigerate for 30 minutes.

2 Meanwhile, preheat oven to 190°C (fan-forced). Heat oil in a small non-stick frying pan over a medium heat. Add onion and cook, stirring, for 2 minutes. Add water, cover and reduce heat to low. Cook for 4-5 minutes or until onion is soft. Transfer to a bowl. Set aside for 10 minutes.

3 Put flan tin on prepared tray. Cover with a piece of baking paper and fill with baking beans or rice. Bake for 15 minutes. Remove paper and beans. Reduce temperature to 170°C (fan-forced). Bake for a further 8 minutes. Set aside for 10 minutes to cool.

4 Add carrot, dill and feta to onion mixture. Toss to combine. Add to pastry case. Whisk eggs, milk and pepper in a medium bowl. Pour over veggies. Bake for 40-45 minutes or until set and light golden on top. Set aside for 10 minutes. Remove from tin.

5 To make salad, divide sprouts, beet and cucumber between serving plates. Serve with quiche. ■

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No Sugar ADDED

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HAPPY endings

Finish your meal in style with *piping hot puds*, tempting tarts and marvellous meringues!

How
our food
works
for you
see page 88

nutrition info

PER SERVE 499kJ,
protein 3g, total fat 3g
(sat. fat 1.8g), carbs 18g,
fibre 4g, sodium 21mg.
• Carb exchanges 1½.
• GI estimate low.

Peach and
strawberry teacup
crumbles
Let your cup runneth over
with fruit and crunch!
see recipe, page 80 >>



Quick raspberry
and vanilla
microwave pudding
How's this for an easy pop-up
sweet: five minutes prep and
it's on the table in 20!
see recipe, page 82 >>

nutrition info

PER SERVE (with sugar)

677kJ, protein 4g,
total fat 3.9g (sat. fat 1g),
carbs 26g, fibre 5g,
sodium 80mg.

- Carb exchanges 1½.
- GI estimate medium.

**PER SERVE (with sugar
substitute)** 559kJ,

protein 4g, total fat 3.9g
(sat. fat 1g), carbs 18g,
fibre 5g, sodium 80mg.

- Carb exchanges 1¼.
- GI estimate medium.

Satisfy your senses and
indulge a *PASSION* for pastry!

nutrition info

PER SERVE 631kJ,
protein 6g, total fat
4.3g (sat. fat 2.3g),
carbs 22g, fibre 1g,
sodium 155mg.
• Carb exchanges 1½.
• GI estimate medium.



Lemon and ricotta
meringue pie
Layer upon layer of
lusciousness! Who doesn't
love this classic?
see recipe, page 82 >>

nutrition info

PER SERVE (with sugar)
484kJ, protein 5g,
total fat 2.8g (sat. fat 1g),
carbs 17g, fibre 1g,
sodium 139mg.
• Carb exchanges 1.
• GI estimate medium.

PER SERVE (with sugar substitute) 404kJ,
protein 5g, total fat 2.8g
(sat. fat 1g), carbs 12g,
fibre 1g, sodium 139mg.
• Carb exchanges ¾.
• GI estimate low.

**Fig and vanilla
custard tarts**
Square pieces in round holes
equals very tasty pastries!
see recipe, page 82 >>



Baked almond and golden syrup pears

These little hearts of gold make sublime pairings.

see recipe, page 83 >>

nutrition info

PER SERVE 720kJ,
protein 4g, total fat
5.9g (sat. fat 1.3g),
carbs 24g, fibre 4g,
sodium 81mg.

- Carb exchanges 1½.
- GI estimate medium.

GOOD for YOU

Here's a fun fact: pears are often recommended as a first fruit for babies as they're nutritious and easy to digest – this is a plus for the rest of us, too! Available all year round, pears are a good source of vitamin C as well as fibre, which is mostly found in the fruit's skin. And good news for your BGLs: pears are low GI.

Hazelnut, banana and
caramel pavlova

Why wait for summer? Whip
up this family fave now!

see recipe, page 83 >>



nutrition info

PER SERVE 575kJ,
protein 3g, total fat
4.3g (sat. fat 1.1g),
carbs 23g, fibre 1g,
sodium 30mg.

- Carb exchanges 1½.
- GI estimate medium.
- Gluten-free option.



Carrot and hazelnut steamed puddings

PREPARATION TIME: 10 MINS

COOKING TIME: 45 MINS

SERVES 6 (AS AN OCCASIONAL

DESSERT)

Cooking spray

50g hazelnut meal

60g (1/4 cup) caster sugar or
granulated sugar substitute

40g (1/4 cup) wholemeal
self-raising flour

45g (1/4 cup) rice flour

1 tsp baking powder

100g (1 cup) coarsely grated carrot
130g (1/2 cup) low-fat vanilla

yoghurt or diet vanilla yoghurt
50g egg, lightly whisked

2 Tbsp skim milk

125ml (1/2 cup) low-fat ready-made
custard, to serve

1 Preheat oven to 140°C (fan-forced). Spray 6 x 125ml (1/2 cup) ovenproof ramekins with cooking spray. Line bases with baking paper and arrange ramekins in a baking dish.

2 Put hazelnut meal, sugar, wholemeal flour, rice flour and baking powder in a medium bowl and stir to combine. Add carrot and stir well. Add yoghurt, egg and milk. Mix until well combined.

3 Divide batter evenly between prepared ramekins and smooth the surface. Carefully pour enough hot water into the baking dish to come halfway up the sides of the ramekins. Cover baking dish with foil. Bake for 45 minutes or until a skewer inserted into the centre of a pudding comes out clean.

4 Using a small, sharp knife, loosen around edges of each

pudding. Turn out puddings onto small serving plates. Drizzle over custard and serve.

COOK'S TIP

If you like, you can replace the hazelnut meal with almond meal and the vanilla yoghurt with any type of low-fat flavoured yoghurt.



Peach and strawberry teacup crumbles

PREPARATION TIME: 5 MINS

COOKING TIME: 15 MINS

SERVES 4 (AS A DESSERT)

400g can peach slices in juice,
drained

250g punnet strawberries,
halved or quartered

45g (1/2 cup) All-Bran Summer Fruits
High Fibre Muesli

2 Tbsp shredded coconut

2 tsp honey

1 Preheat oven to 170°C (fan-forced). Arrange 4 heatproof teacups or 125ml (1/2 cup) ovenproof dishes on an oven tray.

2 Divide peach slices and strawberry between teacups. Put muesli, coconut and honey in a small bowl and stir to combine. Spoon mixture evenly over fruit.

3 Bake crumbles for 12-15 minutes or until the crumble mixture is lightly toasted. Serve warm.

COOK'S TIP

For a change of flavour, use sliced mangoes in juice or sliced apricots in juice instead of peaches. ➤

Carrot and hazelnut steamed puddings
The aroma will tantalise and the flavours will satisfy. Heaven!
see recipe, opposite page >>

nutrition info

PER SERVE (with sugar)

839kJ, protein 6g,
total fat 6.7g (sat. fat 0.8g),
carbs 29g, fibre 3g,
sodium 321mg.

- Carb exchanges 2.
- GI estimate medium.

**PER SERVE (with diet
yoghurt and sugar
substitute)** 651kJ,

protein 6g, total fat 6.5g
(sat. fat 0.7g), carbs 18g,
fibre 3g, sodium 321mg.

- Carb exchanges 1 1/4.
- GI estimate medium.



Quick raspberry and vanilla microwave pudding

PREPARATION TIME: 5 MINS

COOKING TIME: 20 MINS

SERVES 4 (AS A DESSERT)

Cooking spray

1 large ripe pear, peeled, cored, chopped

120g fresh or frozen raspberries

2 Tbsp wholemeal self-raising flour

2 Tbsp self-raising flour

2 Tbsp caster sugar or granulated sugar substitute

60ml (¼ cup) skim milk

20g light margarine, melted

50g egg

1 tsp vanilla extract

Icing sugar, to serve (optional)

Extra fresh raspberries, to serve (optional)

1 Spray a 1L (4 cup) microwave dish with cooking spray. Sprinkle pear and raspberries evenly over base.

2 Combine flours and sugar in a medium bowl. Put milk, margarine, egg and vanilla in a small bowl. Whisk to combine. Add milk mixture to flour mixture and stir until combined.

3 Pour batter over fruit. Cook on medium/50% for 16-20 minutes or until pudding is just cooked when tested with a skewer. Cover with foil and set aside for 5 minutes. Dust with icing sugar and sprinkle with fresh raspberries, to serve, if you like.

COOK'S TIP

If you prefer, you can replace the raspberries with any other fresh

berries, roughly chopped, and the pear with a large apple, peeled, quartered and cut into small pieces.



Lemon and ricotta meringue pie

PREPARATION TIME: 15 MINS PLUS

20 MINS CHILLING AND COOLING

COOKING TIME: 1 HOUR

SERVES 12 (AS AN OCCASIONAL DESSERT)

Cooking spray

1 sheet frozen 25% reduced-fat shortcrust pastry, thawed

Plain flour, for dusting

375g tub Pantalica Smooth

Light Ricotta Cheese

150g (½ cup) Yackandandah Lemon Curd

50g egg, lightly whisked

Finely grated zest of 1 lemon

3 eggwhites (from 50g eggs)

80g (⅓ cup) caster sugar

1 Preheat oven to 170°C (fan-forced).

Line an oven tray with baking paper. Spray a 20cm (base measurement) loose-based flan tin with cooking spray. Roll out pastry on a lightly floured surface until large enough to line tin. Line tin with pastry, trimming edges and discarding any remaining pastry. Refrigerate for 20 minutes to chill.

2 Put prepared tin on prepared tray. Cover pastry case with a piece of baking paper and fill with baking beans or rice. Bake for 15 minutes. Remove paper and beans. Bake for a further 8 minutes or until pastry is

just cooked. Set aside for 10 minutes to cool slightly. Reduce oven temperature to 160°C (fan-forced).

3 Put ricotta, lemon curd, egg and lemon zest in a medium bowl.

Whisk to combine. Spoon filling into cooled pastry case and smooth the surface. Bake for 20-25 minutes or until filling is set. Set aside.

4 Using electric beaters, whisk eggwhites, on medium, in a clean, dry medium bowl until soft peaks form. Add sugar, 1 Tbsp at a time, whisking well (on medium-high) between each addition until the sugar is dissolved.

5 Spoon eggwhite mixture over filling. Bake for 8 minutes or until meringue is light golden. Set aside to cool for 20 minutes. Cut into pieces. Serve.

COOK'S TIP

A sugar substitute is not suitable to use in this recipe.



Fig and vanilla custard tarts

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 6 (AS A DESSERT)

Cooking spray

6 sheets filo pastry

1 Tbsp custard powder

160ml (⅔ cup) low-fat milk

3 x 50g eggs

1 tsp vanilla extract

2 Tbsp caster sugar or granulated sugar substitute

2 small fresh figs, sliced lengthways

From fruity confections to saucy delights, the

1 Preheat oven to 170°C (fan-forced). Spray 6 x 125ml (½ cup) non-stick muffin tin holes with cooking spray. Lay 1 sheet of filo on a flat surface. Spray with cooking spray. Fold pastry into quarters and use it to line 1 muffin tin hole, allowing pastry to overhang. Repeat with remaining filo sheets and cooking spray.

2 Put custard powder in a medium bowl. Add milk, eggs, vanilla and sugar and whisk to combine. Arrange fig slices over pastry bases. Pour custard mixture over fig. Bake for 20–25 minutes or until set.

3 Remove tarts from tin and put on serving plates. Serve warm or at room temperature.

COOK'S TIP

If fresh figs are not available in your area, you can use sliced pear, drained canned mango slices (patted dry with paper towel) or even sliced fresh strawberries.



Baked almond and golden syrup pears

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

1 eggwhite (from 50g egg), lightly whisked
3 Tbsp almond meal
½ tsp vanilla extract
2 ripe pears
1 sheet 25% reduced-fat puff pastry, thawed
1 egg yolk (from 50g egg), whisked
2 tsp golden syrup

1 Preheat oven to 190°C (fan-forced). Line an oven tray with baking paper. Combine eggwhite, almond meal and vanilla in a small bowl.

2 Cut pears in half. Lay pastry sheet on a flat surface. Put pear halves, cut-side down, on pastry. Using a small, sharp knife, cut around each pear half, leaving a 1cm border all around to create a pear shape on pastry. Discard any excess pastry. Remove pear from pastry shapes. Peel pear and carefully scoop out the core with a small spoon.

3 Spread almond mixture over the centre of each pastry piece. Top each with 1 pear half, cut-side down. Brush each pastry with a little egg yolk. Brush 1 tsp of the golden syrup over the top of the pears. Bake for 20 minutes or until pastry is golden brown.

4 Put pastries on serving plates. Brush with remaining golden syrup and serve.

COOK'S TIP

You can use hazelnut meal instead of almond meal and honey or maple syrup in place of the golden syrup.



Hazelnut, banana and caramel pavlova

PREPARATION TIME: 15 MINS
PLUS 1 HOUR COOLING
COOKING TIME: 45 MINS
SERVES 12 (AS A DESSERT)

3 eggwhites (from 50g eggs)
Pinch cream of tartar
175g (¾ cup) caster sugar

50g ground hazelnut meal
390g (1½ cups) Five:am Organic Vanilla Bean Yoghurt

2 bananas, thinly diagonally sliced

1 Tbsp caramel topping or gluten-free topping

1 Preheat oven to 160°C (fan-forced). Draw an 18cm circle on a sheet of baking paper. Put paper, pencil-side down, on an oven tray.

2 Using electric beaters, whisk eggwhites and cream of tartar, on medium, in a clean, dry medium bowl until soft peaks form. Add sugar, 1 Tbsp at a time, whisking well, on medium-high, between each addition. Continue to whisk for 2 minutes or until thick and glossy and sugar is dissolved. Add hazelnut meal to eggwhite mixture and, using a large metal spoon, fold in until just combined.

3 Spoon hazelnut mixture onto prepared tray and spread to cover circle. Bake for 45 minutes or until meringue is dry and crisp on top. Turn off oven. Use a wooden spoon to keep the oven door slightly ajar. Leave meringue in oven for 1 hour to cool.

4 To serve, put meringue on a serving platter. Spoon yoghurt over meringue. Top with banana slices. Drizzle over caramel topping. Cut into slices and serve.

COOK'S TIP

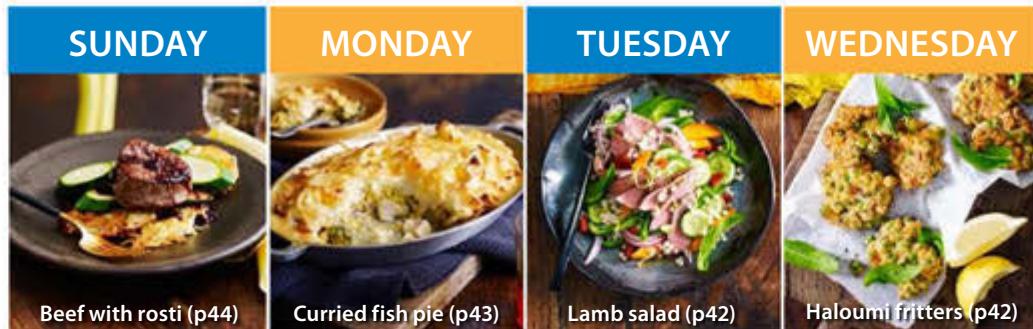
You can decorate your meringue with any type of seasonal sliced fruit. The caramel topping can also be changed to diet chocolate topping. ■

PERFECT treat is yours for the baking!

Plan your week,

**Wondering
what to eat
this week?**

Try these
delicious
meal and
snack ideas



| | | | | |
|-------------------------|--|---|---|---|
| Breakfast | 2-egg omelette filled with 3 sliced mushrooms and a sprinkle of parsley. Serve with 2 x 30g slices multigrain sourdough spread with 2 tsp light margarine. | 2 slices wholemeal grain toast topped with 1 Tbsp low-fat ricotta and 1 Tbsp 100% fruit spread. Serve with a 200ml skim milk latte. | 2 cups chopped fruit salad topped with 2 Tbsp low-fat Greek-style plain yoghurt and 1 Tbsp sunflower seeds. | Brekkie on the go Blend 1 small banana, 150ml skim milk, ½ cup fresh or frozen blueberries, 1 Tbsp wheatgerm and 1 tsp honey. |
| Optional snack | Yoghurt and cranberry mix (page 87). | 1 piece seasonal fresh fruit. | Honey and cinnamon popcorn (page 87). | 2 Tbsp raw almonds.  |
| Lunch | Oven-baked vegie spring rolls (page 72). | Carrot, feta and dill quiche (page 72). | Leftover Carrot feta and dill quiche (page 72). | Poached chicken and risoni salad (page 70). |
| Optional snack | 1 piece seasonal fresh fruit.  | 1 Ryvita Multigrain Crispbread spread with 2 Tbsp low-fat guacamole dip. | Warm up with a cup of Jarrah Chocolatté Frothy Classic – only 196kJ per serve! | 150g celery and carrot sticks with 2 Tbsp low-fat guacamole dip. |
| Dinner | Chargrilled beef with potato rosti (page 44). <i>Pictured above.</i> | Curried fish pie (page 43). <i>Pictured above.</i> | Lamb, pistachio and couscous salad (page 42). <i>Pictured above.</i> | Haloumi, pea and mint fritters with tomato salad (page 42). <i>Pictured above.</i> |
| Drinks | Water: Start each day with a glass of water. You should have 6-10 glasses a day, Alcohol: If you choose to drink, stick to 1-2 standard drinks a day. It's also a good | | | |
| Optional dessert | See our gorgeous baked desserts feature (page 74) if you feel like a sweet treat. For a faster fix, serve ½ cup fresh or frozen and thawed berries with 60ml (¼ cup) low-fat custard or 1 scoop (50g) no-added-sugar ice-cream. →  | | | |
| Exercise |  Aim for 20-60 minutes of moderate exercise each day. | | | |

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis.

it's easy!

| THURSDAY | FRIDAY | SATURDAY |
|--|--|--|
|  |  |  |
| Creamy pasta (p43) | Prawn stir-fry (p42) | Fish and chips (p44) |
| Cook 50g rolled oats in water. Serve with 125ml (½ cup) low-fat milk, 2 dried apricot halves and 10g flaked almonds. | 2 slices wholemeal grain toast spread with 2 tsp light margarine. Top with 4 grilled asparagus spears and 1 poached egg, seasoned with pepper. | Warm ½ cup unsweetened stewed apple. Serve with 3 Tbsp low-fat Greek-style plain yoghurt and ½ cup untoasted muesli. |
| 1 piece seasonal fresh fruit. | 200g tub low-fat or diet yoghurt. | Cottage cheese, beetroot and carrot wrap (page 87). |
| Roasted pumpkin and barley salad (page 70). | Zucchini, potato and parmesan soup (page 71). | Weekend treat Supreme pizzas (page 54). |
| Cottage cheese, beetroot and carrot wrap (page 87). | 1 small sliced pear served with 1 Tbsp low-fat ricotta and a sprinkle of cinnamon. | 1 piece seasonal fresh fruit. |
| Creamy chicken, prosciutto and mushroom pasta (page 43). Pictured above. | Quick prawn, chilli and noodle stir-fry (page 42). Pictured above. | Parmesan and polenta fish with sweet potato chips (page 44). Pictured above. |

depending on your exercise levels.
idea to have a couple of alcohol-free days a week.



Always discuss your exercise plans with your doctor first.

WORDS LISA URQUHART, DIETITIAN PHOTOGRAPHY |ISTOCKPHOTO, GETTY IMAGES

Dairy Australia Advertising Feature

START AND END YOUR DAY WITH *Dairy*

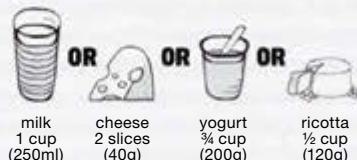
Did you know, it's recommended women over 50 years of age have four serves of dairy each day?*



MAKING 4 SERVES EASY

Spread your four serves across the whole day. Start and end your day with a serve of dairy and enjoy dairy snacks in between.

WHAT COUNTS AS A SERVE OF DAIRY?



Or you could include alternatives such as calcium-enriched soy or rice milk drinks; these products should contain at least 100mg of calcium per 100ml.

LEGENDAIRY

For more tips on how to get your four serves of dairy a day, visit legendairy.com.au/nutritionfrom50

*Recommended by the Australian Dietary Guidelines



All the tips, tricks and **inside knowledge** for healthy cooking, brought to you by our food editor, Alison Roberts

Food bites

HOW TO MAKE...

LIGHT AND CRISP MERINGUES

Turn out perfect mini meringues – in three simple steps

MAKES 18 SERVES 6 (3 PER SERVE)



1 Preheat oven to 100°C (fan-forced). Line 2 oven trays with baking paper. Separate 2 eggs and put eggwhites in a clean, dry medium bowl. Refrigerate yolks for later use. Add a pinch of cream of tartar to bowl.



2 Using electric beaters, whisk, on medium, until soft peaks form. Add ½ cup caster sugar (as a rule, use ¼ cup sugar for each eggwhite), 1 Tbsp at a time, whisking on medium-high after each addition until sugar dissolves. Whisk for a further minute or until mixture is thick and glossy.



3 Fold in ½ tsp vanilla essence. Using 2 teaspoons, spoon meringue onto prepared trays. Add to oven and reduce temperature to 90°C (fan-forced). Bake for 1 hour or until meringues are dry and crisp. Turn off oven. Leave in oven for 30 minutes to cool. Serve.

nutrition info PER SERVE (3 meringues) 323kJ, protein 1.23g, total fat 0g (sat. fat 0g), carbs 18.6g, fibre 0g, sodium 19mg.
• Carb exchanges 1½. • GI estimate medium. • Gluten free.



KITCHEN NOTES

The crunch factor

One of the best convenience foods around, there are lots of good reasons to enjoy an apple every day. Packed with vitamins, minerals and other nutrients like potassium, this wonder fruit is fibre rich and low GI.

Aside from Red Delicious, which is best eaten fresh and is great in salads, all apples are suitable for cooking. For an easy snack, cut an apple into wedges, brush with a little warmed honey and toss in shredded coconut.

To extend the life of your apples, simply store them in the fridge.

60-SECOND BREKKIE

Combine ½ cup Kellogg's Sultana Bran, 1 Tbsp slivered almonds, 90g (1/3 cup) low-fat Greek-style plain yoghurt and 1 small apple, grated, in a bowl. Drizzle over 1 tsp honey.

nutrition info PER SERVE 1369kJ, protein 10g, total fat 8.5g (sat. fat 2g), carbs 46g, fibre 7g, sodium 167mg. • Carb exchanges 3. • GI estimate low.



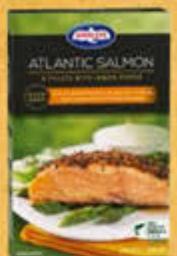
QUICK AND TASTY

Snack ideas

Toss together a few favourites
to create these delish treats

SUPERMARKET CRUSH CATCH THIS!

Looking for a speedy dinner that's deliciously good for you, too? Check out the Birds Eye Premium Range of Atlantic Salmon fillets. Rich in omega-3, they can be cooked in the oven, microwave or on the barbie. Available in Natural, Spring Herb and Lemon Pepper varieties. birdseye.com.au



Jelly in the belly

If you're on the go and in need of a sweet snack, grab a tub of Aeroplane Jelly Lite (\$3.62 per twin pack). Available in Raspberry, Mango Passion, Mixed Berry and Lemon Lime, you can serve them chilled or at room temperature, and they'll only set you back 81kJ per serve. Find them in the jelly aisle of your local supermarket. aeroplanejelly.com.au



To discover which *Diabetic Living* recipes are vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 88.

We want you to get the most out of every issue, so please share your ideas by writing to us at diabetcliving@pacificmags.com.au

PHOTOGRAPHY: ISTOCKPHOTO; GETTY IMAGES

Yoghurt and cranberry mix

Spoon a 150g tub low-fat **vanilla yoghurt** into a serving bowl. Combine 1 Tbsp **rolled oats**, 1 Tbsp **Ocean Spray 50% Less Sugar Craisins** and 2 tsp **pumpkin seeds** in a small bowl. Sprinkle over yoghurt. Serve.

PER SERVE 572kJ, protein 5g, total fat 2.7g (sat. fat 0.8g), carbs 23g, fibre 2g, sodium 50mg. •Carb exchanges 1½.
•GI estimate low.

Cottage cheese, beetroot and carrot wrap

Spread 2 Tbsp **low-fat cottage cheese** on 1 piece **Mountain Bread Natural Wraps**. Top with 30g (1 small) coarsely grated **carrot** and 2 slices **canned beetroot**, drained and halved. Fold in sides and roll up to serve.

PER SERVE 544kJ, protein 8.3g, total fat 2.7g (sat. fat 1.4g), carbs 17g, fibre 3g, sodium 271mg. •Carb exchanges 1. •GI estimate low.

Honey and cinnamon popcorn

Pop 30g **popping corn** in a microwave popcorn maker or air popcorn maker. Warm 2 tsp **honey** and drizzle over popcorn. Sprinkle over ¼ tsp **ground cinnamon**. Toss to combine. Serves 2.

PER SERVE 313kJ, protein 2g, total fat 0.6g (sat. fat 0g), carbs 15g, fibre 2g, sodium 1mg. •Carb exchanges 1.
•GI estimate medium. •Gluten free.



SCAN AND SAVE

Use the free **viewwa** app to scan these recipes for instant snack ideas. Easy!



Food that works for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a **healthy, balanced** diet



If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements,

as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low, medium or high GI, or gluten free. Easy!

Alison Roberts, Food Editor (far left)
Lisa Urquhart, Dietitian

Serves 2 (as a main)

We show whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, 'as an occasional dish', it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use brand names to make it easy for you to find nutritionally suitable foods at the shops.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Salmon, spinach and corn pizza
PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

1 Preheat oven to 200°C (fan-forced). Place the bread bases on a baking tray. Spread each with 1 tablespoon of sweet chilli sauce.
2 Top bread bases with spinach, mushroom, capsicum, corn and salmon. Sprinkle the cheese over.
3 Bake pizzas for 12 minutes or until the cheese melts and the bases are crispy.
4 Serve the pizzas with salad leaves, drizzled with lemon juice or balsamic vinegar, if you like. ▶

nutrition info
PER SERVE 2171kJ, protein 33.8g, total fat 19.3g (sat. fat 8.4g), carbs 49.7g, fibre 5.3g, sodium 630mg.
• Carb exchanges 3½.
• GI estimate medium.

How our food works for you
see page 88



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* Kilojoules 8700kJ Protein 50g Total fat 70g Saturated fat 24g Carbs 310g Fibre 30g Sodium 2.3g

To lose weight* Kilojoules 6000kJ Protein 50g Total fat 40-50g Saturated fat 15g Carbs 180g Fibre 30g Sodium less than 1.6g

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

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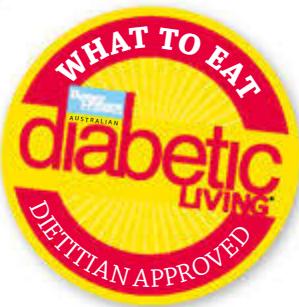


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Australia's
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Best fast food choices *on the go!*



SCAN AND SAVE

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We've all been there – out and about, pressed for time or in a situation where the only options are fast food chains. The great news is you can still find good choices – even in the most unlikely of places! Turn the page for our best picks, top tips and oh-so clever tricks.



McDonald's

CHOOSE

- ✓ Warm Chicken Salad, with Grilled Chicken (644kJ)
- ✓ Grilled Chicken Snack Wrap (939kJ)
- ✓ Hamburger (979kJ)
- ✓ Cheeseburger (1180kJ)
- ✓ Filet-o-Fish (1270kJ)

AVOID

- ✗ Double Quarter Pounder (3570kJ)
- ✗ Mighty Angus burger (2810kJ)
- ✗ McChamp burger (2240kJ)
- ✗ Crispy Chicken & Aioli McWrap (2700kJ)
- ✗ Hotcakes with Butter & Syrup (2760kJ)

Top tip

Wraps and salads may sound like a healthier option, but some have more kilojoules and fat than a small burger, so check the nutritionals.

Hungry Jack's

CHOOSE

- ✓ Whopper Jnr (1456 kJ)
- ✓ Cheeseburger (1314kJ)
- ✓ Grilled Chicken Classic (1540kJ)
- ✓ Grilled Chicken Peri Peri (1456kJ)
- ✓ Rodeo Cheeseburger (1781kJ)

AVOID

- ✗ Double Whopper (4146kJ)
- ✗ Double Whopper Cheese (4428kJ)
- ✗ Ultimate Double Whopper (5053kJ)
- ✗ Bacon Deluxe (2839 kJ)
- ✗ The Aussie (2854 kJ)



Top tip Skip the sides. A small fries or onion rings will add about an extra 1000kJ and 10g of fat to a meal that's already high in fat and kJs.

Red Rooster

CHOOSE

- ✓ Classic Chicken Salad (600kJ)
- ✓ Spicy Chicken Salad (1003kJ)
- ✓ Guilt-Free Tenders Wrap (1807kJ)
- ✓ Guilt-Free Tenders Salad (683kJ)

AVOID

- ✗ Flayva Wrap (3000kJ)
- ✗ Hawaiian Chicken Pack (4300kJ)
- ✗ Bacon & Cheese Rippa (3580kJ)
- ✗ Caesar Roast Chicken Roll (2655kJ)
- ✗ Fish & Chips (3010kJ)

Top tip

If you're buying for the family, choose the whole roast chicken along with healthy sides of corncobs, peas and garden salad, instead of high-fat chips and garlic bread.

Nando's

CHOOSE

- ✓ Classic Chicken Pita (1365kJ)
- ✓ Classic Chicken Wrap (1117kJ)
- ✓ Supremo Chicken Wrap (1211kJ)
- ✓ Garden Salad with Chicken (634kJ)
- ✓ Mediterranean Salad with Chicken (1154kJ)

AVOID

- ✗ Supremo Chicken Burger with Bacon & Cheese (2444kJ)
- ✗ Supremo Chicken Burger with the Lot (2873kJ)
- ✗ Classic Chicken Burger with 2 Breasts (2357kJ)
- ✗ Veggie Supremo (2739kJ)
- ✗ Paella (2068kJ)

Oporto

CHOOSE

- ✓ Bondi Burger Single (1520kJ)
- ✓ Oprego Burger Single (1530kJ)
- ✓ Chicken & Egg Burger (1620kJ)
- ✓ Chicken Salad (1270kJ)
- ✓ Steak Rappsnacker without sauce (1510kJ)

AVOID

- ✗ Bondi Burger Triple (3310kJ)
- ✗ Oprego Burger Double (2580kJ)
- ✗ Outback Feisty BBQ (2830kJ)
- ✗ Otropo Burger Double (3030kJ)
- ✗ Steak & Egg Roll (3750kJ)

Top tip By choosing a garden salad with no dressing for a side instead of coleslaw, you'll save 470kJ, more than 6g of fat and 240mg of sodium.

Guzman y Gomez

CHOOSE

- ✓ Salads (1630kJ/serve)
- ✓ Soft Tacos (1660kJ/serve)
- ✓ Hard Tacos (1980kJ/serve)
- ✓ Quesadillas (1910kJ/serve)
- ✓ Burrito Bowls (2470kJ/serve)

AVOID

- ✗ Nachos (4720kJ/serve)
- ✗ Burritos (3350kJ/serve)
- ✗ Fajita Burritos (4020kJ/serve)
- ✗ Fajita Burrito Bowls (3140kJ/serve)
- ✗ Enchilada Burritos (4730kJ/serve)

Top tip Energy, fat and salt can add up quickly when you're piling on extra fillings. Choose farm fresh vegetables, tomato salsa, black beans and a small serve of guacamole – and hold the sour cream, cheese and corn chips.

The kilojoule counts refer to the Chicken Guerrero variety of each of these meals.



Say no to meal deals! While they're a cheaper option, they can contain half, or more, of your daily energy needs

Would you like *fries with that?*

The answer to this is 'No thanks!' You may think that adding a few chips to your meal won't make a big difference, but these (and other sides) really bump up the kilojoules, fat, carbs and sodium on your plate. Here's the breakdown on the kJ kings.

| | Energy (kJ) | Fat (g) | Carbs (g) | Sodium (mg) |
|--|-------------|---------|-----------|-------------|
| McDonald's Medium Fries | 1540 | 20 | 41 | 354 |
| McDonald's Hash Brown | 638 | 10 | 15 | 352 |
| Hungry Jack's Medium Fries | 1496 | 17 | 46 | 245 |
| Domino's Cheesy Garlic Bread (1 piece) | 632 | 8 | 17 | 286 |
| Oporto Churros (6 pieces) | 1350 | 8 | 55 | 595 |
| Nando's Regular Peri-Peri Chips | 2735 | 27 | 91 | 560 |
| Red Rooster Garlic Bread | 2500 | 21 | 84 | 1060 |



Pizza Hut

CHOOSE

- ✓ Italiano Classic Pizza (737kJ/slice)
- ✓ Margheritaville Pizza (731kJ/slice)
- ✓ Veggie Trio Pizza (666kJ/slice)
- ✓ Mediterranean Pizza (742kJ/slice)
- ✓ BBQ Chook Pizza (799kJ/slice)

AVOID

- ✗ BBQ Cheeseburger Pizza (918kJ/slice)
- ✗ Super Supreme Pizza (852kJ/slice)
- ✗ BBQ Meatlovers (882kJ/slice)
- ✗ New Yorker Pizza (849kJ/slice)
- ✗ Loaded Pepperoni (1079kJ/slice)

Top tip Choose a thin and crispy base over the thick variety to prevent fat, carb and kJ overload.

The kilojoule counts refer to the Classics base.

Crust Pizza

CHOOSE

- ✓ Spiced Pumpkin (660kJ/slice)
- ✓ Bruschetta (812kJ/slice)
- ✓ Vegetarian Supreme (808kJ/slice)
- ✓ Margherita (793kJ/slice)
- ✓ Chicken Tikka (794kJ/slice)

AVOID

- ✗ Wagyu Prawn (1332kJ/slice)
- ✗ Sausage Duo (1338kJ/slice)
- ✗ Meat Deluxe (936kJ/slice)
- ✗ Crust Supreme (916kJ/slice)
- ✗ BBQ Chicken (886kJ/slice)

The kilojoule counts refer to a medium pizza.

Domino's

CHOOSE

- ✓ Vegorama (543 kJ/slice)
- ✓ Godfather (622kJ/slice)
- ✓ Fire Breather (615kJ/slice)
- ✓ Chicken Hawaiian (611kJ/slice)
- ✓ Chicken & Feta (655kJ/slice)

AVOID

- ✗ Grand Supreme (927kJ/slice)
- ✗ Loaded Meatlovers (852kJ/slice)
- ✗ Pulled Pork Meatlovers (893kJ/slice)
- ✗ Double Bacon Cheeseburger (754kJ/slice)

Top tip Stick with a classic or thin crust, rather than the cheesy or thicker varieties. This saves you 150-300kJ and 3-5g of fat per slice.

The kilojoule counts refer to a medium pizza (6 slices per pizza).

FAST Food

Dos & Don'ts

✓ DO go for lean meats, chicken or fish that have been grilled, steamed, stir-fried or baked.

✗ DON'T choose battered, crumbed and deep-fried foods.

✓ DO select dishes with plenty of vegetables or order a side serve of vegetables or salad.

✗ DON'T choose creamy dressings or mayonnaise. Instead, opt for vinegar- or oil-based dressings.

✓ DO ask for sauces and dressings on the side, then add a little for the taste.

✗ DON'T fall for special meal deals and resist the temptation to upsize.

✓ DO order an entrée size for dishes such as pasta and risotto, then ask for a salad on the side.

✗ DON'T add bread to an already high-carb meal like pizza or pasta. Opt for a salad instead.

**CHOOSE**

- ✓ Roast Beef 6-Inch Sandwich (1100kJ)
- ✓ Turkey 6-Inch Sandwich (1070kJ)
- ✓ Veggie Delite 6-Inch Sandwich (867kJ)
- ✓ Veggie Delite Wrap (979kJ)
- ✓ Chicken Strips 6-Inch Sandwich (1150kJ)

AVOID

- ✗ Chicken & Bacon Ranch Melt 6-Inch Sandwich (1800kJ)
- ✗ Chicken Parmigiana Melt 6-Inch Sandwich (1960kJ)
- ✗ Meatball Marinara 6-Inch Sandwich (1710kJ)
- ✗ Chicken Schnitzel 6-Inch Sandwich (1650kJ)
- ✗ Pizza 6-Inch Sandwich (1690kJ)

Top tip At Subway, choose multigrain bread rather than the Italian herbs and cheese variety. This will nearly double your fibre intake and saves 120kJ, 2.3g of fat and 130mg of sodium.



SumoSalad

CHOOSE

- ✓ Aromatic Warm Thai Beef (1349kJ)
- ✓ Fragrant Vietnamese Chicken (1424kJ)
- ✓ Spicy Asian Chicken (1442kJ)
- ✓ Barbequed Beef & Prawn (1606kJ)
- ✓ Pine Nuts, Pumpkin & Creamy Fetta (1732kJ)

AVOID

- ✗ Crumbed Chicken Caesar (2650kJ)
- ✗ Thai Chicken Bowl (2706kJ)
- ✗ Hearty Man Salad (2800kJ)
- ✗ Sumo's Famous Chicken Caesar Superfood Salad (2476kJ)
- ✗ Chicken Caesar Wrap (3317kJ)

This kilojoule count refers to the large servings at SumoSalad.

**Top tip**

Salads may seem healthy, but certain varieties have a kilojoule count similar to that of a high-fat burger or a few slices of pizza. The reason for this extra energy is high-fat ingredients including creamy dressings, crumbed meats or fried croutons.

So, take advantage of SumoSalad's 'Build your own' option – there are plenty of choices to make a tasty and BGL-friendly salad.

Sushi Train

CHOOSE

- ✓ Miso Soup (113kJ)
- ✓ Sashimi (315kJ)
- ✓ California Roll (648kJ)
- ✓ Vegetarian Roll (509kJ)
- ✓ Octopus Nigiri (281kJ)

AVOID

- ✗ Vegetable Tempura Udon (1070kJ)
- ✗ Chicken Teryaki Bowl (3180kJ)
- ✗ Tempura Salmon Roll (1594kJ)
- ✗ Semi-Dried Tomato, Avocado with Cream Cheese Sushi Roll (1420kJ)
- ✗ Ebi Fry & Avocado Nigiri (1560kJ)

Top tip Sushi is high in carbs – an average roll has 30g of carbs or 2 carb exchanges – so pair it with sashimi, edamame and/or miso soup. These have less carbs which will help prevent BGL spikes. ➤

Boost Juice

CHOOSE

- ✓ Veggie Garden Juice (400kJ/450ml)
- ✓ Lemon Crush (580kJ/450ml)
- ✓ Immunity Juice (459kJ/450ml)
- ✓ Grape Escape Smoothie (616kJ/450ml)
- ✓ Lite All Berry Bang Smoothie (729kJ/450ml)

AVOID

- ✗ King William Chocolate Smoothie (1422kJ/450ml)
- ✗ Weekend Warrior Protein Smoothie (1386kJ/450ml)
- ✗ Brekkie to Go Go Super Smoothie (1935kJ for 450ml)

Top tip Some of these juices are meals! Go for kids' sizes (350ml) and save kJs.

Chatime

CHOOSE

- ✓ Sakura Sencha Tea Espresso (416kJ)
- ✓ Chrysanthemum Pu-erh Tea Espresso (416kJ)
- ✓ Rose Tea Espresso (504kJ)
- ✓ Ginger Tea (230kJ)
- ✓ Lychee Green/Black Tea (548kJ)

AVOID

- ✗ Chocolate Smoothie (1865kJ)
- ✗ Matcha Red Bean Smoothie (1917kJ)
- ✗ Coffee Smoothie (1458kJ)
- ✗ Red Bean Pearl Milk Tea (1491kJ)
- ✗ Strawberry Milk Tea (1675kJ)

Top tip Reduce the number of kilojoules by opting for coffee and tea without added milk.



Gloria Jean's

CHOOSE

- ✓ Hot tea (13kJ)
- ✓ Long Black Coffee (12kJ)
- ✓ Cappuccino (484kJ; skim 275kJ)
- ✓ Latte (561kJ; skim 318kJ)
- ✓ Flat White (574kJ; skim 326kJ)

AVOID

- ✗ Chai Tea Latte (904kJ; 658kJ skim)
- ✗ Caffé Mocha (735kJ; 514kJ skim)
- ✗ Iced Coffee (1010kJ; 692kJ skim)
- ✗ Iced Chocolate (1050kJ; 892kJ skim)

Top tip A small coffee at Gloria Jean's is equivalent to a regular size at a cafe, so avoid upsizing to a regular or large, and opt for skim milk to reduce kilojoules.

The kilojoule counts refer to the small serves at Gloria Jean's. However, a small size at this outlet varies from drink to drink.

Starbucks

CHOOSE

- ✓ Cappuccino (385kJ; 229kJ skim)
- ✓ Cafe Misto (271kJ; 156kJ skim)
- ✓ Cafe Latte (474kJ; 279kJ skim)
- ✓ Brewed tea (0kJ)
- ✓ Brewed coffee (11kJ)

AVOID

- ✗ Hot Chocolate (1226kJ; 1119kJ skim)
- ✗ Iced Cafe Mocha (1036kJ; 889kJ skim)
- ✗ Chai Tea Latte (539kJ; 431kJ skim)
- ✗ Coffee Frappuccino (771kJ)

Top tip Choosing a chai tea may sound healthier but a Chai Tea Latte has about twice the number of kilojoules as a flat white.

The kilojoule counts refer to the short (235ml) sizes for coffee and tall (355ml) size for cold drinks. ■

24-HR PURE COMFORT

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Get out and enjoy every minute of the day with Scholl GelActiv insoles. Always put your best foot forward by slipping these trim-to-fit insoles into your casual, sport or work shoes.

ALL DAY, EVERYDAY

8:30AM COMMUTE TO WORK

Start your day right with a little support from Scholl GelActiv Everyday. The sole-shape insole offers all day comfort with the added benefit of the ergonomically designed gel insert.

9AM WORKING DAY

Don't get distracted by aching feet. The dual gel insole effectively absorbs micro shocks while helping to reduce excessive pressure of daily activities.

7PM GIRLS DINNER

Enjoy your night off without having to put your feet up! Scholl GelActiv Everyday has taken the pressure off with impact cushioning for heels, knees and ankles.



BEST BUYS FOR THE GUYS

**SCHOLL GELACTIV
SPORT, \$29.99:** Get strong arch support with tailored gel and foam cushioning for comfort and to absorb micro shocks.

**SCHOLL GELACTIV
EVERYDAY, \$29.99:** Perfect for providing heel and arch support for all your daily activities.

**SCHOLL GELACTIV
WORK, \$29.99:** Slip into work boots, everyday shoes and trainers for all day comfort. Available for men only.



GET ACTIVE
With a strong arch support and cushioning, Scholl GelActiv Sport, \$29.99, absorbs shocks and helps reduce excessive pressure from sports.



stand up for feet



Put your
best foot
forward!

Embrace YOUR new *health horizon*

Struggling to accept your diagnosis? Build a **better future** by making a happier, healthier lifestyle your top priority – right now!

Mother-of-two Rashmi Sharma had diabetes when she was pregnant with each of her children. On both occasions, the gestational diabetes disappeared after she'd given birth, so she never thought much about it. But six years after the birth of her second child, Rashmi learnt she had type 2.

'It's in my family,' says Rashmi, who was put on medication after her diagnosis. 'My mother and my aunts had diabetes. But I had a very blasé attitude about it, at first. When my husband said I could end up having a leg amputated [due to complications], I said, "That can't happen to me." So I never really took care of myself.'

While it can be difficult to accept that you have type 1 or type 2 diabetes – and that your life will be different – being in denial about it can take a serious toll on your health. So what better time to change your thinking and accept diabetes as your new reality. Here's how to start...

STEP ONE

FOCUS ON YOUR FUTURE

While it's natural to regret the things you did or didn't do before your diagnosis – such as leading a sedentary lifestyle, or not enjoying more carb-rich foods while you had the chance – fixating on the past can hold you back from committing to a new, healthier way of life. Ditch 'what if' and 'I wish I had' and focus instead on making sensible choices now.

STEP TWO

BUILD A SUPPORT SYSTEM

Research shows that people with support networks are less likely to experience diabetes-related

complications and depression. Start putting together a support group by making an appointment with an expert, such as a diabetes educator, dietitian, psychologist or an exercise physiologist.

Psychologist Dr Linda Beeney suggests looking for 'people who will be team members, who will answer your questions and take a collaborative approach to working with you long term'. Dr Beeney also recommends taking a family member, partner or trusted friend to your appointments to help get the people closest to you on board with your diabetes management.

Joining a support group can also be beneficial, as it gives you a forum to ask questions and share concerns with other people living with diabetes. To find a group near you, visit diabetesaustralia.com.au

STEP THREE

FORM LIFE-LONG HABITS

Dr Beeney says that working diabetes into the life you're already leading means it won't dominate everything that you do. Put this into practice by creating workable healthy habits, such as:

- Checking your blood glucose levels at the same times each day.
- Getting into a good routine with your medications by pairing them with your existing daily habits, like when you're washing your face in the morning, or sitting down to your afternoon cup of coffee.
- Making exercises that you enjoy a part of daily life, including incidental activities such as gardening or window shopping.
- Setting up your diary with quarterly, six-monthly and annual appointments with your healthcare professionals. Smartphones and computer calendars can help here, as they're programmed to 'tap you on the shoulder'.

- Writing any questions you have about your care in a notebook. Take this with you to every health appointment so you can resolve those queries as you go.

- Creating mantras around habits you'd like to adopt – for example, 'I will eat lean protein at every meal.' Put them in writing so that they're easier to remember – and harder to ignore!

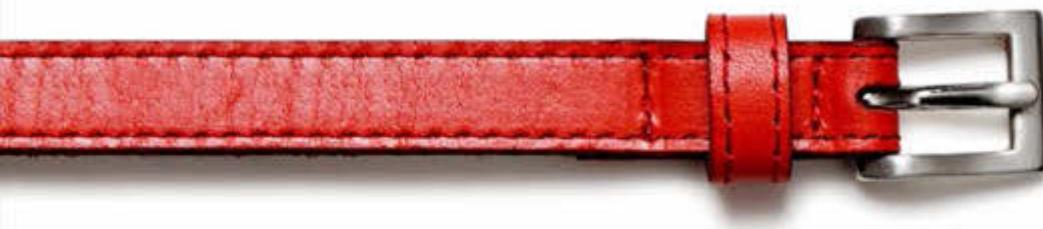
For Rashmi, overcoming 'denial-betes' began with the help of a psychiatrist. 'They helped me realise that looking after myself is not for anybody else – I should do it for me,' she recalls. Adopting that as her new healthy mantra, Rashmi overhauled her whole lifestyle. With the help of a dietitian, she reduced her portion sizes and started reading food labels for the first time. She now eats small meals at two-hour intervals to keep hunger at bay.

Rashmi also began walking for 45 minutes every day. 'I take every opportunity to walk,' she says. She walks to her local shopping centre to buy groceries, and she walks for 10 minutes at each end of her commute to work. She has also made small tweaks to her working life in the finance department of Australia Post – including collecting individual sheets of paper off the printer, rather than collecting a batch at a time – which have made her days more active.

The result? Rashmi has now lost 13 kilos. Her self-care routine involves twice-daily glucose testing, routinely taking a number of medications and insulin injections, quarterly visits for monitoring at the Baker IDI Heart and Diabetes Institute in Melbourne, and annual visits to the eye specialist and podiatrist. At the age of 57, Rashmi says she finally feels confident that she's taking good care of herself. 'Everything I do makes a difference!' she says. ■

8(easy) ways to

Keen to finally say goodbye to those unwanted kilos? Reach your



1 | 'I'm good at sticking to an eating and exercise plan during the week. However, I do a lot of entertaining at the weekend and my healthy habits go out the window!'

'If you're maintaining a healthy, well-balanced lifestyle during the week, there's nothing wrong with giving yourself a bit of leeway on the weekend to relax a little,' says psychologist Dr Kiera Buchanan from Brisbane's Centre for Integrative Health. Just remember not to have a blowout all weekend, every weekend, and to hop back on the good eating and exercise wagon on Monday morning.

However, if you find that you're overdoing it on a regular basis – and struggling to get back into healthy habits – Dr Buchanan suggests rethinking what you're eating.

'When people feel like their diet is too restrictive or that they're being deprived, they're more likely to overindulge as soon as they're given the opportunity,' she says.

The solution? Don't wait until the weekend to eat your favourite foods. Curb your cravings by regularly enjoying small treats instead of saving up and bingeing on the weekend.



'When people feel like their diet is too restrictive, they're more likely to overindulge'

tighten your belt

ideal weight sooner with these clever slimming strategies



2 | 'I used to find it easy to lose weight, but since I hit my 50s, it's become much more difficult. Is it just me?'

No, it's not. 'People tend to be more sedentary as they get older, which can contribute to weight gain and make it harder to lose weight,' explains Professor Helena Teede, president of the Endocrine Society of Australia.

A sedentary lifestyle affects women and men differently. 'Women's weight distribution changes after menopause, so they start to store weight around their waist,' says Professor Teede. 'They may find it harder to lose weight from that area, too.'

Dr Tony Bartone, president of the Australian Medical Association (AMA) Victoria, says, 'Men experience a drop

in testosterone levels with age. That causes the body's muscle mass to decline, which makes shifting weight more difficult.'

Dr Bartone says that in addition to eating mindfully, doing weight-bearing exercise regularly is the key to losing weight in your 50s. 'This will help you build and maintain muscle mass,' he says. 'Your metabolic rate will improve with more muscle, which can make losing weight easier.'

Lifting weights, or doing resistance work using bands or your own bodyweight, are great weight-bearing exercises that can be done at home. Just remember to speak to your GP, diabetes educator or an exercise physiologist before you start. They will be able to give you advice about managing your BGLs and protecting yourself from injury while working out. ➤



3 | 'My doctor has advised me to lose weight, but I'm finding it difficult because I don't get a lot of emotional support from my family.'

A lack of support from loved ones is disheartening, but it's a common complaint from people trying to slim down. Dr Kiera Buchanan advises tackling this roadblock head-on by getting your family actively involved in your weight-loss efforts.

If your partner, kids or grandkids are complaining about you cooking lighter meals, for example, Dr Buchanan suggests pointing out that eating better will make everyone – not just you – feel healthier. She says encouraging other family members to lend a hand at dinner time will make them feel more invested in what you're trying to accomplish.

Is your spouse grumbling about you exercising instead of spending time

with them? Suggest they come with you next time you go for a walk or swim. The time will pass more quickly for you, and they'll get a healthy boost, too. (For more great reasons to work out with a partner, see page 112.)

If your nearest and dearest continue to withhold their support, Sydney dietitian and exercise physiologist Gabrielle Maston advises casting your net a bit wider. 'Friends, health professionals and online weight-loss groups and forums can be valuable sources of motivation and encouragement,' she says.

Your diabetes care team can be a strong source of support as well, so don't be afraid to ask for help or share your successes and struggles with them.



5 | 'I've tried eating less to lose weight, but every time I do, my BGLs go haywire. Help!'

Repeat this mantra: You don't have to starve yourself to lose weight. 'Diets that are very restrictive don't work for long-term, successful weight loss because they're not sustainable,' says Dr Tony Bartone.

'What *does* work for weight loss and for maintaining a healthy weight is eating a healthy diet, so there's no



4 | 'My husband has type 2 and is on an eating plan to help manage his diabetes. However, he's used to eating unhealthy foods and doesn't want to change his habits now.'

While this is frustrating, it's important to recognise that you can't force him to change. 'Ultimately, the person living with diabetes has to be the one to make the changes,' says Maston.

Dr Buchanan agrees: 'Research proves that the more you try and pressure someone to do something they don't want to do, the more likely they are to do the opposite.' She suggests making an appointment with a psychologist who's experienced in food and weight-related issues to help encourage motivation.

In the short-term, Maston advises making healthy changes where you can.

'If you're the person who does the shopping and plans the meals, there's nothing wrong with making healthy choices there,' she says. 'You can't control what your partner chooses to buy and eat when they're away from home, but at least this way, you're not enabling them.'

reason why a diet that helps someone living with diabetes manage and control their blood glucose levels can't also help them drop a few kilograms,' he says.

To get a meal plan that's tailor-made for you, make an appointment with your GP or dietitian. 'There's no one-size-fits-all diet when it comes to maintaining good control of your BGLs,' says Dr Bartone. 'So, if you are trying to lose weight, it's really important that the changes you make are personalised to you and your individual requirements.'

6 | 'Although I eat well, I never seem to find the time to exercise, so I'm not slimming down as quickly as I would like to.'

Gabrielle Maston suggests that we stop thinking of exercise as something we need to dedicate a big block of time to. 'People tend to think that if they can't find a 30- or 60-minute window to commit to exercise, then they simply don't have the time to be physically active,' says Maston. 'I recommend starting small – take five minutes out of your morning to do some lunges or sit-ups during the ad breaks when you're watching television.'

When you're at work, get up for a few minutes every hour to walk around the office, or up and down the stairs. If you catch public transport, get off the train or bus one stop earlier to squeeze in a few more steps. By breaking exercise down into smaller chunks like this, it becomes far easier to fit it into your day.

'And it snowballs from there – the more you do, the more it becomes a routine, and you'll also get fitter, which can motivate you to do more,' says Maston.

Dr Buchanan recommends rethinking why you're exercising. 'If you see exercise as something you have to do to help you lose weight, it can seem like nothing but a chore to be avoided,' she says.

'Instead, try thinking of exercise as something that will help you sleep better, or something that improves how happy you feel, or use it as an excuse to catch up with friends. If there's a positive reason for doing it, you're much more likely to find the time,' she says.

'Try thinking of exercise as something that will help you sleep or feel better'



7 | 'I'm on insulin and it's a real challenge for me to lose weight. I've come to the point where I feel like it's just not going to happen.'

The first thing to do is stop beating yourself up about it, because weight gain is a common side effect of insulin use among people with type 1 and type 2 diabetes.

'We know that particularly for people with type 2 diabetes who are on large doses of insulin due to insulin resistance, insulin can stimulate your appetite, so that you end up eating more and gaining weight as a result,' explains Professor Helena Teede.

To curb your appetite and reduce those love handles, add lean protein to your main meals for greater satiety and opt for lower-GI foods, which will also help you feel fuller for longer. Visit glycemicindex.com for a list of low-GI options.

'Little changes can make a big difference and will help to prevent the small but gradual increase in weight from one year to the next that many people experience, and that accumulates over time,' says Professor Teede.

In addition to tweaking your diet, Dr Bartone suggests seeking help from your diabetes care team. 'There are certain changes that can be made, including perhaps injecting lower doses of insulin more often,' he explains.

'The changes do require expert fine-tuning and are something you should talk to your medical team about,' he adds. 'But take heart in the fact that insulin-related struggles with weight are something that can be avoided with proper management, so don't write off losing weight as an unachievable goal.' ▶

8 | 'I lost weight initially, but now my progress seems to have stalled. What am I doing wrong?'

Many people who are slimming down experience a plateau at one stage or another. So, don't be too hard on yourself and don't throw in the towel! Instead, use this as an opportunity to fine-tune your approach. Here's how...

Rethink your diet: The first few weeks of a new diet are when it's easiest to stick to your guns – after all, you're losing weight and feeling great, so what's not to love? However, as the scales begin to slow and the novelty of eating differently wears off, old habits can start creeping back in. A couple of glasses of wine each night, a few takeaways on the weekends – it all starts to add up.

To combat sneaky kilojoule creep, keep a food diary for a week and be honest with yourself about what you're really eating. If you're munching through excessive amounts of carbs, sugar and sodium, look at where you can make cuts, without slicing out all the foods you love. As a rough guide, aim to eat the following each day to hit your weight-loss targets:

Energy: 6000kJ

Protein: 50g

Total fat: 40-50g

Saturated fat: 15g

Carbs: 180g

Fibre: 30g

Sodium: less than 1.6g

Amp up your exercise: If you keep doing the same kinds of exercises over a period of weeks or months, your body will start getting used to them. This, in turn, means that it won't burn kilojoules as effectively. Switching



'Find ways to move more during your day'

to a different workout can kick-start your weight loss, as can upping the intensity of what you're already doing. For example, if you walk for weight loss, add in a few intervals of jogging. Or, if you are doing resistance work, do more reps, or hold your poses for longer.

Gabrielle Maston also suggests finding more ways to fit movement into your day. 'If you are already doing plenty of "planned" exercise, then make a conscious effort to do more of the incidental variety by finding ways to move more during your daily routine,' she says.

Rekindle your motivation: It's easy to lose momentum when you're not seeing the results you want. Get your eye back on the prize by setting small goals for yourself, like doing five minutes more of exercise each day, or eating a serving of vegetables with each meal. By consistently hitting smaller targets like this, your overall goal of wanting to lose weight will seem more achievable. ■

INSTANT TRIM-DOWN TRICKS

- **TAKE A LOOK** When you're tucking into takeaway, put it on a plate rather than eating it straight out of the bag or box. This way, you can see exactly how much you're eating, and you'll be less likely to overindulge.

- **MIX IT UP** If you tend to stick to eating what you're familiar with, your body becomes accustomed to processing the same foods after a while. So, try rotating your meals to kick-start your metabolism.

- **MAKE IT BRISK** When you're walking, try going at a pace of 125-130 steps per minute. (If you can't keep it up, walk quickly every second day, then at your normal speed the rest of the time.) This will help you burn kilojoules faster, even when you're not doing a dedicated walking workout.

- **PLATE UP SMARTER** Follow the 50-25-25 rule when you're filling your plate – 50 per cent non-starchy veg, 25 per cent low-GI carbs, like wholegrains or brown rice, and 25 per cent lean protein. These healthy heroes will help you feel fuller for longer.

- **MAKE A FIST** If you battle with the biscuit jar, try clenching your fists. Research has shown that people are better at curbing their cravings after tightening their muscles for 30 seconds.

FROM OVERWEIGHT AND DEPRESSED *to happy, healthy and slim*

At the end of a 15 year relationship, John Woods found himself overweight and terribly unhappy. That all changed thanks to his Cambridge Consultant and 'guardian angel' Zoey Sheppard, who helped him lose 42kg and change his life.

How can a year that began so horribly end on such a high? 2014 started badly for me. At 51 years old I thought I had it all. Then came the news. A relationship I'd been in for the past 15 years was over and we needed to part ways. Devastated, I moved out. I'd never been on my own before and quickly became severely depressed.

I was also overweight and suffering from high blood pressure, high blood sugar and high cholesterol. A colleague of mine had lost 50kg with Cambridge Weight Plan, so I decided to write to Zoey Sheppard, my local Consultant.

My initial consultation with Zoey was the day that I honestly believed changed my life. I wanted to lose weight but had no confidence. Thankfully Zoey was so supportive.

"Life is great now. I've lost 42kg and am back to full health..."

She understood me and believed in me. At first it was hard, but as I began losing weight, my confidence grew and I transformed.

Life is great now. I've lost 42kg and am back to full health and attending a gym. I now have confidence and belief that I can achieve anything.

Cambridge was not just a diet for me. It was so much more. It changed my shape, it changed my mind, it changed my life.



Left: Before John's weight loss. Right: After John's 42kg weight loss and incredible transformation.

What is the Cambridge Weight Plan?

Cambridge Weight Plan is a nutritionally balanced formula food available in a large range of shakes, soups (including lactose free), bars and porridges, rice pudding and drinking yoghurt. It's an effective tool to assist in the reduction of excessive body fat via a fat-burning process called ketosis.

Why should you try it?

You have the flexibility to lose weight quickly and healthily with or without conventional food. The choice is extensive so there is less risk of boredom. You are supported, motivated and encouraged by a consultant who will take you from weight loss to weight management, to help you keep your weight off long term.

For more information on Cambridge Weight Plan call **1300 365 891** or log onto cambridgeweightplan.com.au

Cambridge®
Weight Plan

I've never had so much energy

After overcoming the shock of his type 2 diagnosis, **Asghar Mazari, 45**, shed 22 kilos, lowered his levels and became an inspiration for those around him... all without medication



WORDS HEATHER WISEMAN PHOTOGRAPHY BRAD GERHARD

Were there any clues leading up to your type 2 diagnosis?

There's no history of diabetes in my family. I was overweight and my cholesterol was a bit high, but otherwise my health seemed okay. It was only discovered because my doctor had to fill out a questionnaire in relation to a fitness certificate. He tested my urine and there was sugar in it. I had a glucose tolerance test and I was shocked when they said I had diabetes. That was in November 2013.

How did you react to the news?

I was a bit down, but I saw a dietitian and a diabetes educator, and I became determined to lose weight and reduce my cholesterol.

In the past, my doctor had said that I needed to slim down, but I didn't even try as I was convinced I would never be able to do it. However, since my diagnosis, I've lost 22 kilos.

I don't see that I've lost weight unless I look at old pictures of myself or my old clothes. My waist measurement was 36 and now I'm wearing size 29. I can fit into one leg of my old trousers now! I used to wear an extra-large shirt but I recently tried on a small size and it was even a bit big for me.

What have your friends and family said about your new look?

So many people have been amazed, seeing me drop from

82 kilos to 60 kilos. Not a day goes past without someone asking how I did it. I ended up typing some of my tips into a document that I could email to people, rather than having to talk about it all the time. I've even emailed that document to my hairdresser. I am more motivated than ever and I'm glad to have motivated a lot of other people, too.

My eldest daughter, Nadia, has long hoped to become a clinical dietitian, so we are excited that she has been accepted to study at the University of Sydney, which is her ultimate dream. That's all she has ever wanted to do, and she is more motivated now she has seen this huge difference in me.

MY STORY type 2



How do you feel, having lost so much weight?

I feel really good and I have more energy. In 2007, I broke the tibia and fibula in one leg, and now I have a steel plate in it. It was so painful that I had difficulty walking, so I avoided walking a lot. When I began to lose weight, my leg started to feel better. Now it's carrying about 20kg less weight, so it's no wonder I feel great!

Where are your blood sugar readings now?

My HbA1c (*see Good to Know, page 135*) is continually improving. When I was diagnosed, I had a reading of 6.3. By March 2014, it was 5.7, then in July, it was 5.5. By November, it was 5.3, which is at the top end of excellent. My doctor says if I keep it like this, then I shouldn't have any problems from diabetes for many years. I'm not on any medication – not even for cholesterol. My diabetes educator tells me to keep up the good work.

Tell us about your eating habits.

Growing up in Pakistan, I used to enjoy a lot of curries, rice and

'I am more motivated than ever, and I'm glad to have motivated a lot of other people, too,' says Asghar of his weight loss.



I can fit into one leg of my old trousers now!

bread – especially naan and chapati. But now, I have barley wraps, which are very yummy and much lower in carbs. I'm glad I found them, otherwise it might have been hard for me to give up chapati completely! I also eat very little rice – maybe two or three tablespoons – and I eat steamed vegetables and fish, and lots of salads. On rare occasions, I'll have curry, but I don't eat the sauce.

I also used to go hungry, then I'd eat a lot at once, or eat, then go straight to bed. I have now modified my portion sizes. I eat more often, but not too much at once. And I make sure that I don't eat within two hours of going to bed.

I have always had a sweet tooth, so there were sweets in my fridge. Now I don't buy them. If I go to a friend's place

for dinner, I'll eat sweets, and then my wife, Maria, and I will go for a walk before bed to burn off the carbs. Maria hasn't modified her diet yet – she loves to eat – but she is very supportive of what I do.

Has having diabetes taught you to be more aware of your food?

Yes, I have become much more aware of food labels. I read the fine print, because statements like 'high in fibre' are often misleading. I am also careful about sugar. I used to love white chocolate, but now I eat the darkest kind I can buy. From reading labels, I've discovered that some chocolate with 85 per cent cocoa can have twice as much sugar as chocolate with 90 per cent cocoa. Now, I buy the one with 90 per cent cocoa and I still enjoy eating it. It is a matter of building your taste.

How does exercise factor into your new lifestyle?

When I first started to lose weight, I would do a brisk walk of 2.5-3km every day. Then I learned I should be doing 10,000 steps every day, so I bought an older-style pedometer that I put in my pocket. Given the length of my stride, for me 10,000 steps is about 7km. Most days, I do that, or more. There are days when I think I've done a lot, but then I look at the pedometer and I've only taken 3000 steps. Then I tell myself, 'that's not good enough – I'd better get to at least 6000 steps if I can't get to 10,000'. So it is important to have a pedometer in your pocket. ■

Have diabetes and want to share your story? Email diabetcliving@pacifcmags.com.au, or write to *Diabetic Living, My Story, GPO Box 7805, Sydney, NSW 2001*.

Coping with life's **HIGHS** AND **LOWS**

Be the boss of your blood glucose levels by *knowing the triggers* and reducing your risks

Managing your BGLs is one of the trickiest parts of dealing with diabetes. While it's not always easy to predict what might tip you into having a hyper (high BGLs) or hypo (low BGLs), some culprits are known to play havoc with your levels. Whether you have type 1, type 2 or gestational diabetes, recognising these triggers can really help when it comes to looking after yourself.



GOING TOO HIGH

Hyperglycaemia occurs when your BGLs are higher than normal. There are many factors that can increase your levels, and it is likely that this will occur at times. The warning signs (below) usually don't appear until your BGLs are high for a sustained period of time, so it's important to regularly check your levels and seek help if your readings remain elevated.

THE WARNING SIGNS

- Excessive thirst
- Frequently passing large volumes of urine
- Blurred vision
- Tiredness/fatigue
- Infections (such as thrush, cystitis)

TRIGGER / the dawn phenomenon

Some people experience a rise in their BGLs from 4am to 8am. This is known as the dawn phenomenon. Scientists believe it may be related to an overnight release of chemicals – like human growth hormone and cortisol – which worsen insulin resistance and cause your BGLs to spike.

Diabetes educator and dietitian Dr Kate Marsh says there are ways to head off this rise. 'If the problem is significant and causes stress, you may choose to get up earlier. Taking insulin or meds and having breakfast can help prevent or reduce this rise,' she says. 'If you're on a pump, your GP or diabetes educator can help you set a different basal rate to kick in during that early morning period. Problems with the dawn rise is one reason why some people choose to switch to a pump.'

High morning blood glucose may also be related to insufficient insulin or medication, so review these with your doctor or diabetes educator. Late-night snacks of carbohydrate can also be a culprit.

TRIGGER / too many carbs

It's easy to miscalculate the carb content in your food, or to have just one too many bites of a bread roll or pasta. The result? You end up having a spike, despite your best efforts to stay on track. Helen Edwards, diabetes educator and director of Diabetes Counselling Online, says if you have

type 1, you can prevent a carb-related blowout by 'aiming to keep your BGLs on target by making your insulin match the carbs you eat – but never turn food into something to dread'.

If your BGLs are already soaring, get them back into the normal range by going for a walk. But don't overdo it. 'Very high-intensity exercise can cause the release of adrenal hormones that can temporarily increase your BGLs, which is the opposite of what you're trying to do,' says Dr Marsh.

TRIGGER / skipping a dose of medication or insulin

Being busy, distracted, suffering burnout or being out of step with your usual routine (such as when you're sick or on holidays) can cause you to forget a dose of meds or an injection. Jog your memory by setting your watch, an alarm on your phone, or by using pillboxes with compartments. There are also various apps, such as the MedCoach Medication Reminder, that sound an alert when you need to take your medicine. Download them from the App Store for iPhone or Google Play Store for Android devices.

READERS TELL

'Having a hyper is like having a hangover without the drinking'
– Bridgett McDonald

TRIGGER / excess stress

'Stress can cause blood sugars to become erratic,' says endocrinologist Dr Sultan Linjawi. 'It prompts the release of hormones, such as adrenalin and cortisol, which numb the effect of insulin. As a consequence, in a very stressful situation, your BGLs can become quite high.'

'Also, when under stress, you may be more erratic with taking medication,' he adds. 'Some people deal with stress by eating more and this can also cause their BGLs to go higher.'

Sound familiar? If your BGLs are running high as a result of stress, talk to your diabetes educator or doctor about whether you need to temporarily modify your medication or insulin. ►

GOING TOO LOW

More common in people with type 1, hypoglycaemia occurs when your BGLs drop below 4mmol/L. If your levels are below 5mmol/L, Diabetes Australia advises against driving and operating heavy machinery as your ability to concentrate is impaired.

THE WARNING SIGNS

- Weakness, dizziness, trembling or shaking
- Sweating
- Light-headedness or headache
- Lack of concentration/ behaviour changes
- Crying, teariness or irritability
- Hunger
- Numbness in lips and fingers

TRIGGER / change

'Hormonal changes during puberty, pregnancy or menopause, going from injections to pumps, change of insulin, a new diagnosis of another condition, or new medication may all impact on your BGLs and increase your risk of hypos,' says Helen Edwards.

The best way to prevent a hypo is to check your levels more frequently during times of transition. 'With type 1, aim for a minimum of 4-6 BGL checks a day,' says Edwards. 'On a pump, you may do many more.'

For people with type 2, you may need to test your BGLs two or more times a day if you've had diabetes for a long time, or if you're on medication or insulin.

TRIGGER / skipping or delaying meals

If you've worked through lunch, were too emotional to eat, or got caught in traffic before dinner, the drop in your BGLs could set the scene for a hypo. Dr Marsh says eating regularly is

important if you are at risk of hypos. 'When you skip meals you're often trying to save time, but if you have a hypo, you'll have to stop whatever you are doing anyway,' she says.

She suggests keeping carbohydrate-rich snacks, like muesli bars or small packs of dried fruit, with you at all times. 'That way, even if you're rushed, you can still eat something small to keep your BGLs from falling until you get to eat a proper meal.'

'If you have type 1 and a regular habit of erratic mealtimes, then talk to your doctor about an insulin pump. It gives you more flexibility to vary your mealtimes and even miss meals, without risking a hypo,' says Dr Marsh.

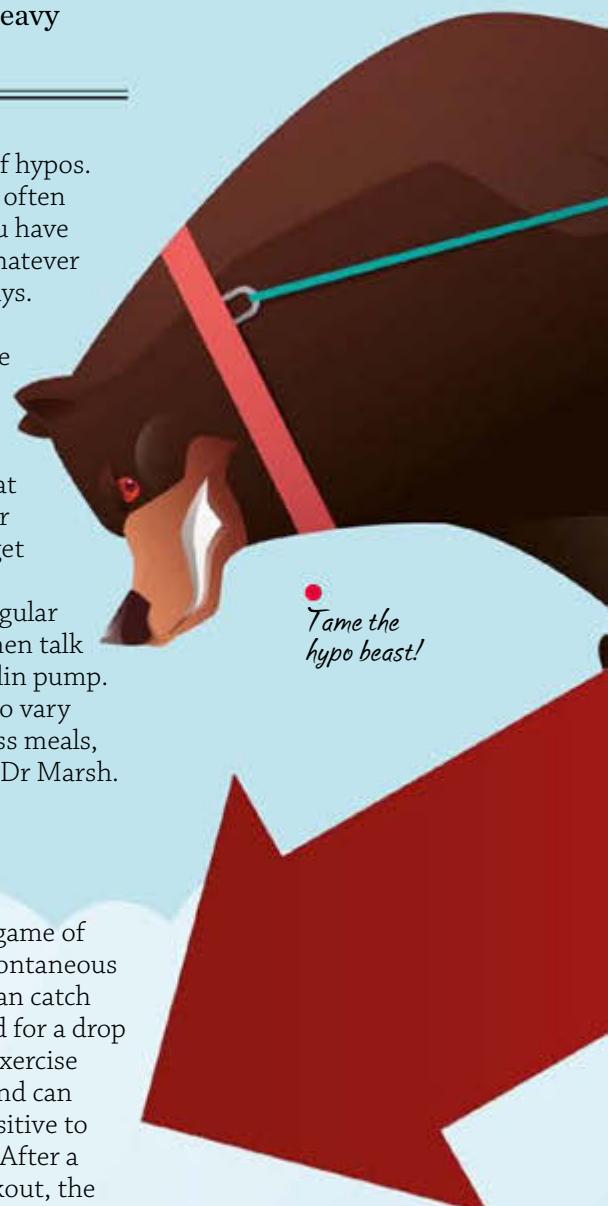
READERS TELL
'I get hot knees and shaky hands with a hypo'
- Stephanie Knight

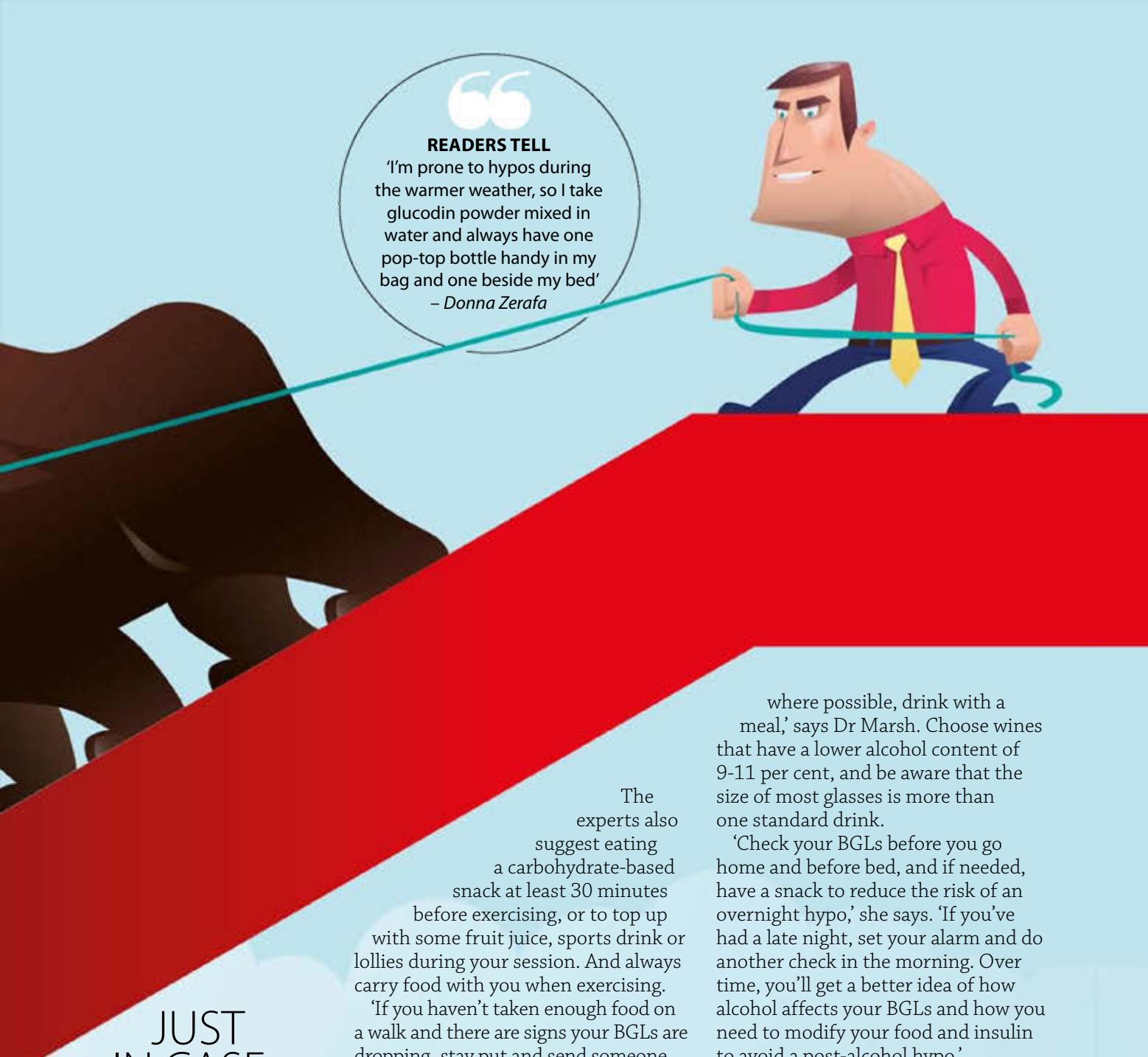
TRIGGER / exertion

An unplanned game of Frisbee or a spontaneous evening walk can catch you unprepared for a drop in your BGLs. 'Exercise uses up glucose and can make you more sensitive to insulin,' says Dr Marsh.

After a longer, higher-intensity workout, the insulin sensitivity of the cells in your muscles may last from 12-16 hours. To prevent hypos, check your BGLs before, during and after exercise.

'If you're on a pump, you can suspend or reduce your basal rate from half an hour before exercising,' says Dr Marsh. 'If you're on injections, plan ahead so you have less insulin on board - such as taking less insulin at the previous meal.'





JUST IN CASE...

When you're unwell, it's good to have a safety net.

- **STEP ONE:** See your diabetes educator and make a sick day plan.
- **STEP TWO:** Update it every few years to address any changes.
- **STEP THREE:** Ask those close to you to read your plan. Include issues such as how often you test when sick, and outline care and support strategies.

READERS TELL

'I'm prone to hypos during the warmer weather, so I take glucodin powder mixed in water and always have one pop-top bottle handy in my bag and one beside my bed'

- Donna Zerafa

The experts also suggest eating a carbohydrate-based snack at least 30 minutes before exercising, or to top up with some fruit juice, sports drink or lollies during your session. And always carry food with you when exercising.

'If you haven't taken enough food on a walk and there are signs your BGLs are dropping, stay put and send someone ahead to get you something, assuming food is not far away and there's someone else who can stay with you,' advises Dr Marsh. 'Otherwise call for help. Don't keep soldiering on, or you could end up with an emergency situation.'

TRIGGER / a few drinks

There's no reason why a person with diabetes can't enjoy a tipple or two with friends – the trick is to track your intake carefully, as alcohol can increase the risk of a hypo.

Avoid drinking on an empty stomach, drink in moderation and,

where possible, drink with a meal,' says Dr Marsh. Choose wines that have a lower alcohol content of 9-11 per cent, and be aware that the size of most glasses is more than one standard drink.

'Check your BGLs before you go home and before bed, and if needed, have a snack to reduce the risk of an overnight hypo,' she says. 'If you've had a late night, set your alarm and do another check in the morning. Over time, you'll get a better idea of how alcohol affects your BGLs and how you need to modify your food and insulin to avoid a post-alcohol hypo.'

TRIGGER / hot weather

On very warm days, your body tries to cool itself through perspiration, causing increased blood flow to your skin.

In some people, this leads to faster absorption of insulin, which may, in turn, lead to low BGLs,' says Dr Marsh. So avoid cold showers, which can actually increase body heat.

Stay out of the sun during the hottest part of the day and remain hydrated by drinking plenty of fluids. Remember, it can be harder to detect a hypo when you're already hot and sweaty. ■

Friends WITH benefits

If motivation deserts you when it comes to keeping active, **team up to work out.** You'll get fitter faster and have fun!

Finding the energy and enthusiasm to exercise can be hard, even on a day when your diabetes isn't causing you grief. That's when a buddy comes in handy. Research shows that working out with another

person (or a group of people) not only boosts your motivation, but can help you lose weight, too.

Here, the experts reveal how ditching a solo exercise habit could end up being your secret weapon for lasting good health.

#1
**BUDGY
BENEFIT**

They help you stay focused

'Exercising with others keeps you focused and helps ensure that, as a group, you stay on track,' says exercise physiologist Chris Matthews of Active Lifestyle, in Melbourne. For example, a US study found that 51 per cent of participants in a 12-week group-exercise program ended up hitting recommended targets, compared to just 25 per cent at the beginning of the study.

#2
**BUDGY
BENEFIT**

THEY MAKE THINGS SOCIABLE

Matthews says that working out with others turns exercise into a social activity. 'In a time when, as a nation, we could all probably do with exercising a bit more, using physical activity as a reason to get together with loved ones makes sense, particularly if it makes exercising a bit more interesting,' he says.

#3
**BUDGY
BENEFIT**

They speed up your weight loss

Are the scales not moving as quickly as you'd like? An exercise buddy can help. One UK study found that, while 20 per cent of people don't lose weight when they exercise and try to eat well on their own, the average woman loses 4.5kg when she works out and changes her eating habits with a friend for support. What's not to love?



#4
BUDDY
BENEFIT

They calm you down

Exercise retrains your brain to be more resilient to stress – and the impact might be even greater when you work out with someone else. That's according to US scientists, who found that when people exercised together, they felt significantly calmer at the end of a session, compared to when they worked out on their own.

#5
BUDDY
BENEFIT

THEY KEEP YOU COMPETITIVE

Studies show that you release more endorphins (feel-good chemicals) when you exercise with another person. According to researchers in the UK, endorphins push your pain threshold higher, helping you to work harder. Want to up the ante even further? Exercise with someone who's a little bit fitter than you are. This makes you work out for longer, without even trying.

#6
BUDDY
BENEFIT

They boost your memory

Stick with the group and you'll not only feel like you're in a better mood more often, your memory will improve, too. That's the advice from Australian scientists, who say the effects really start to kick in after a year. That may sound like a long time, but it's a good motivator for hanging in there. ►

GIVE IT A GO

Ready to get started? Make a shortlist from this simple guide, then check with your GP before signing up



Yoga

TYPICAL GROUP SIZE 5-20

WHAT TO EXPECT Classes range from mild to upbeat, depending on the style of yoga you choose. Breathing, stretching, relaxation and meditation are usually core elements.

THE BENEFITS Better strength, mobility and flexibility. Yoga also calms the nervous system, which can be a great stress reliever.

FIND A GROUP Visit yogaaustralia.org.au



Walking

TYPICAL GROUP SIZE 5-25

WHAT TO EXPECT Groups vary in terms of walk lengths and fitness requirements.

THE BENEFITS Improved bone density, cardiovascular fitness and balance. UK research has found that joining a walking group can also boost your emotional and mental health.

FIND A GROUP Visit heartfoundation.org.au and go to 'Walking' under the 'Active Living' tab.



Dance

TYPICAL GROUP SIZE 6-15

WHAT TO EXPECT A fun, instructional workout to music where you may be asked to 'pair up', depending on the style of dancing you're doing.

THE BENEFITS Expect to enjoy improved aerobic fitness, coordination and agility, as well as stronger muscles and bones.

FIND A GROUP Visit dancefinder.com.au or contact your local council.



Personal trainer

TYPICAL GROUP SIZE 2-6

WHAT TO EXPECT Tailored workouts to suit your goals, plus expert guidance. Hiring a trainer as a group lowers the costs involved.

THE BENEFITS There's less risk of injury or boredom, and you'll learn how to exercise more effectively.

FIND A GROUP Visit fitness.org.au or essa.org.au to find a personal trainer or accredited exercise physiologist near you.

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES

All the tools for healthy shopping

Visit diabetesqld.org.au/healthy-shopping

Being healthy isn't hard when you have the right tools.

With Diabetes Queensland's Healthy Shopping Guide you can plan your grocery shop, learn about food labels and nutrition, and get practical advice for making healthier choices. Best of all it's free, online, and open to anyone looking for a healthy change.



Supported by the National Diabetes Services Scheme (NDSS) – an initiative of the Australian Government, administered by Diabetes Australia



Aerobics

TYPICAL GROUP SIZE 10+

WHAT TO EXPECT An energetic, instructor-led workout that usually lasts for an hour.

THE BENEFITS These will depend on the type of class you choose (check the intensity first) but many contain cardiovascular and muscle-and bone-strengthening elements, as well as moves that improve coordination.

FIND A GROUP Contact gyms, or ask your local council about inexpensive community-based classes.



Cycling

TYPICAL GROUP SIZE 5-15

WHAT TO EXPECT A fun social pedal in the great outdoors, with like-minded road warriors along for the ride. Cycling can be as intense or gentle as you want, so choose a group and route that suits your needs and fitness goals.

THE BENEFITS It's a low-impact exercise that improves fitness, muscle strength and stamina.

FIND A GROUP Visit cycling.org.au and go to 'Find A Club' under the 'Get Involved' tab.



Tai chi

TYPICAL GROUP SIZE 10+

WHAT TO EXPECT A non-competitive, gentle exercise suitable for people of all ages and fitness levels.

THE BENEFITS Improved posture, balance, flexibility and strength. Because it's a form of meditation, tai chi can also help fight fatigue, anxiety and stress.

FIND A GROUP Contact your local council or visit livingchi.com.au for classes in NSW, Queensland and WA, and taichiaustralia.com.au for classes in Victoria, Tasmania and SA.



Team sports

TYPICAL GROUP SIZE 2-11

(depending on the sport)
WHAT TO EXPECT Weekly games in season, as well as training sessions.

THE BENEFITS It depends on the sport you play, but improved fitness, muscle strength and hand-eye coordination are likely outcomes.

FIND A GROUP Visit ausport.gov.au and go to 'Find a club' under the 'Participating in Sport' tab to locate your local sports club or state-based organisation. ■

Lose Weight Naturally

I am ready
to take control



Waitplate System™

Welcome back to sensible eating

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**WAITPLATE PORTION CONTROL PLATES,
CHEWING TIMER, PORTION FOOD TEMPLATES
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- ✓ Teaches Portion Control
- ✓ Suitable for the Whole Family
- ✓ Limits Calorie Intake
- ✓ No On-going Costs or Expenses
- ✓ Feel Fuller on Less Food
- ✓ Still Enjoy your Favourite Foods

SMARTER snacking

What you eat between meals could well be the **key to better BGLs**. Here's why...

There's nothing wrong with eating between meals if you're hungry, particularly if it stops you from overeating later. Enjoying three small meals and two or three snacks each day can also help keep your BGLs stable.

Snacks play an important role in a healthy eating plan. Here's how to make the most of these mini meals.

Make a plan

The size of your snacks – and how often you eat them – depends on your weight, activity levels, BGLs and whether you manage your diabetes with medication, insulin, or diet and exercise.

Your dietitian can help you build a meal plan that's tailored to your needs, however, a good guide is to select snacks that contain no more than 10-20g of carbohydrate and

about 300-600 kilojoules. (For example, a medium apple contains about 280kJ and 15g of carbs.)

Focus on your food

Mindless munching spells extra kilojoules so you need to treat snacks the same way as you would a meal. This means putting your snacks on a plate and sitting down to enjoy them. And never snack while you're on the run or distracted by other activities, like watching TV or working on a computer. When you're not fully focussed on what you are putting into your mouth, you're likely to eat more than you need without even realising it.

Choose wisely

So, what are the healthiest and most satisfying snack choices?



LOAD UP ON Fresh fruit, unsalted nuts, plain yoghurt and raw veggies with dips that have legume, vegetable or yoghurt bases, such as salsa, hummus or tzatziki.

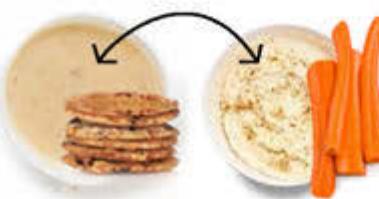
PROCEED WITH CAUTION

Processed snack foods are often high in fat, sugar and salt, but they are also a convenient option – particularly when you need something portable.

When choosing packaged snacks, look for products that are higher in fibre and lower in saturated fat, added sugars and salt. Lower-GI options will help prevent BGL spikes, particularly if you aren't taking medication or insulin with your snacks. ➤

MAKE simple SWITCHES

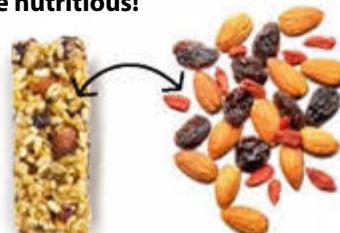
Try these slimming swaps – they're just as yummy but far more nutritious!



SWAP 6 rice crackers with 3 Tbsp French onion dip **FOR** 3 Tbsp hummus with carrot sticks to save 900kJ, 5g fat, 7g saturated fat and almost 200mg sodium.



SWAP a regular Gloria Jean's mocha **FOR** a small Gloria Jean's skim cappuccino to save 700kJ, 9g fat, 20g carbs and 17g sugar – good news for your BGLs.



SWAP a fruit and nut bar **FOR** 30g dried fruit and nut mix to save about 340kJ and 4g fat. The fruit and nut mix has almost 10g fewer carbs and provides about 1 carb exchange.



SCAN & SAVE
Use the free *viewa* app to scan this page and save this guide to your phone. Handy!

SUPERMARKET WINNERS

Try it, love it

Need some inspiration in the aisles? **Dr Kate Marsh** shares her pick of Australia's healthiest snacks



Chic Nuts (Roasted Chickpeas)

High-fibre Chic Nuts are full of flavour and wonderfully crunchy. Compared to potato chips, a 25g serve contains almost a quarter of the fat and less than half the sodium, and provides more than three times the protein.



Go Natural Raw Cacao Fruit Nut Almonds Raspberry bar

As it's sweetened with dates and berries, this bar is higher in carbs than others in this range. This makes it a good choice if you need a high-carb option, for example, before exercise.



Pitango Free Range Chicken and Vegetable Soup

A great cold-weather option, this soup is made from organic ingredients and is the next best thing to homemade. Low in fat and kilojoules, the only downside is that it has quite a high salt content.



FibreBoost 1st Cranberry Nut Cereal Bars

Providing 30% of your daily fibre needs (about three times the fibre of most muesli bars), these low-GI cereal bars also contain resistant starch (a special type of fibre) for healthy digestion.



Ryvita Multigrain Crispbread

One of the few lower GI crispbreads, Ryvita Multigrain is high in fibre and low in fat and salt. Top them with a little ricotta and sliced tomato, sliced avocado and tomato, or spread with hummus for a tasty and filling snack.



BelVita Breakfast Biscuits Crunchy Oats

An on-the-go brekkie food, these biscuits are also a healthy sweet snack, thanks to their low GI of 54, which won't spike your BGLs. They come in packs of four, but stick to two per serve.



Barambah Organics Bush Honey Yoghurt

Lower in sugar than most other types of sweetened yoghurt, this award-winning variety is a little higher in fat than diet products, but still has a reasonable fat and energy content for a snack.



Bürgen Fruit & Muesli bread

Here's a nice way to satisfy your sweet tooth without the fat and added sugar of cakes or muffins. Packed with grains, it has more than double the fibre of regular raisin bread, as well as a low GI of 53. Try it with low-fat ricotta.



Edgell Four Bean Mix

Healthy and portable, the combination of fibre, protein and low-GI carbs in this snack will keep you full until your next meal. A 125g can provides more than a third of your daily fibre needs, and the low GI will keep your BGLs stable. ■

MY STORY type 1



Diabetes won't slow me down!

Diagnosed just days before the start of Year 12, ***Chloe Vardy, 17***, is living life to the fullest

What happened in the lead-up to your diagnosis?

I was drinking litres and litres of water but was still feeling thirsty. Mum and I love shopping, but going to the shops started to make me feel anxious. I was really stressed if I didn't have a drink bottle. It was embarrassing, because I also needed to go to the

bathroom all the time. If there wasn't one handy, that made me feel anxious, too. It was probably the worst thing I've ever experienced in my life.

You must have wondered what was going on...

It all started about a week after I'd had exams, so Mum thought it

was stress. I Googled my symptoms and every site that came up talked about diabetes. We laughed it off, we were sure I wouldn't have it. No-one in my family had type 1 and I was a healthy eater and did heaps of exercise. Little did we know that has nothing to do with it!

So how did you end up being diagnosed?

A friend's mum is a nurse and she'd noticed I'd been losing lots of weight. She suggested I go to the doctor and Mum agreed. My blood test results were perfect, except for my blood glucose level, which at 17, was through the roof! Mum was in shock, but I had kind of guessed. Poor Mum felt bad that we'd been laughing it off.

Were you surprised?

I'd been reading up on diabetes for weeks and ticking off all of the symptoms – I even had things like blurry vision and bad leg cramps at night. So I wasn't really surprised, but it was still overwhelming at first. I was supposed to go to a movie that afternoon with a friend, Annabelle, and she was going to sleep over, so I phoned to tell her what was going on.

Mum and I were still crying when we picked her up. Annabelle was amazing. She'd bought me a diabetes cookbook while she was waiting for us, which was so nice!

Did it take you a while to figure it all out?

We were referred to a lovely diabetes educator and nutritionist. She gave me a rundown of what foods I should and shouldn't be eating, and how important it was to get my carb portions correct. I've mastered that now. It was scary to have all the new equipment and that I had another thing to organise in my life. My parents have been amazing in looking after me, especially as

'Everyone's been amazing,' says Chloe, with school friends (from left) Annabelle, Aj and Alexa; dad Craig; and Annabelle.



they've got three other kids – my sister, 14, and my twin brother and sister, 11 – to keep them busy!

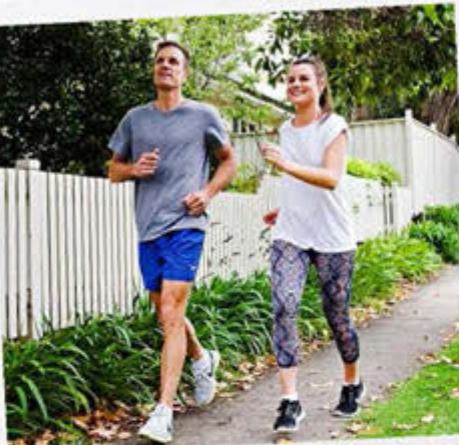
How did you manage at school?

I got my diagnosis on a Thursday and had to start Year 12 on the Monday, so the timing was really bad. There wasn't much time to get my life in order before school started again.

I was keen to get to school but Mum was worried. She had to let go a bit and trust that I'd be okay. Mum and Dad both text me every lunchtime, to ask about my glucose levels. Everyone at school has been so good about it. I'm allowed to do my injections in a room behind the school office and Annabelle always comes with me. I was nervous at first, but you get used to it. I have five injections a day and I've become an expert. One day, I hope to use an insulin pump to make it a bit easier.

Have you had any hypos?

I've had a few, mostly at school. At the start, I was having at least one a day. I had lollies inside my locker,



but that wasn't much use when I was in the middle of a class. I hate missing out on class, so I don't like to leave the room. When I have a hypo, I struggle to think clearly and I get hot and sweaty and shaky. It's scary, not being able to think straight. My friends are amazing. They want to learn about diabetes and they're really supportive.

Have you had to make any major changes to your diet?

I have always had a healthy diet. Now, it's more about getting the right amount of carbs and making sure I eat at specific times, not just whenever I want. I love my potatoes and bread, but now I need to control how much I have. Mum and I go grocery shopping together to find low-GI foods that are low carb and we have a huge stock of light jellies, strawberries, frozen berries and sugar-free soft drinks (for special occasions!) for me to snack on. Mum, Dad and I talk about how fortunate it is that I was diagnosed at 17, rather than when I was little and going to parties. It would be hard being two years old and not being able to eat the same food as everyone else.

What about exercise?

I play netball, touch football, tennis and do athletics, and I'm in representative teams for our school. I missed out on playing touch football during the first week back at school. Then I started it again after week two and played for the whole term. My dad is an exercise fanatic, so we worked together to make sure I wasn't having any bad hypos. I signed up for exT1D, which is a series of online courses that shows you how to exercise correctly when you have type 1. That really helped.

How are you feeling about the future?

It's a long way off, but I sometimes wonder what impact diabetes might have when I eventually want to have kids. What's worrying me more right now is managing it for my final exams. I get really stressed, so I want to be sure that I do the best I can.

During the holidays, two months after my diagnosis, I went on a school camp to Queensland. I then went on a family holiday to Japan (where we went skiing) and to Hong Kong and I managed my diabetes well, so it's not going to stop me from doing anything.

I'm more confident every day that this disease is completely manageable with the right team of people looking after me, good food, exercise and correct insulin doses. It's a tricky balancing act, but I'm mastering it. ■

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au, or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.



MAKING THE JUMP from *pen to pump*

If you're considering the big switch, here's the lowdown on some of the *best devices* available right now

Feeling like it's time to say goodbye to needles and strict routines? You're not alone. Almost 15,000 Australians have swapped insulin pens for pumps, with better diabetes control and flexibility listed as the primary reasons. But is it the right option to help you manage your – or your loved one's – diabetes?

Diabetes educator Dr Kate Marsh looks at the pros, cons, products and prices to help you decide.



What are insulin pumps?

Suitable for people with type 1 and insulin-controlled type 2, pumps work by continuously delivering insulin through a very narrow flexible tube. This is attached to a small cannula, which is inserted under the skin of your stomach. The pump itself is slightly smaller than a mobile phone and is worn on your belt or waistband, or carried in your pocket or in a pouch beneath your clothes. It is programmed to deliver a low, steady dose of insulin throughout the day (basal rate), and an extra amount (bolus) when you eat.

WHAT TO CONSIDER...

✓ THE PROS

- When used correctly, a pump can give you much tighter control of your blood glucose levels (BGLs) than injections.
- A pump provides you with more flexibility around eating, allowing you to vary your mealtimes, sleep in or even skip meals.
- Having a pump makes it easier to adjust your insulin intake around exercise, by allowing you to suspend the pump or set a reduced basal rate before, during and/or after exercise.
- A pump can help if you experience an increase in your BGLs in the morning – this phenomenon is known as a ‘dawn rise’. With the pump, you can manage this BGL upswing by setting a higher basal rate.
- Pumps have been shown to help reduce your risk of hypoglycaemia and, if used with a continuous glucose monitor (CGM) – a device that measures your BGLs every five minutes – pumps can be a lifesaver for those who experience hypo unawareness.

✗ THE CONS

- A pump is not a magic solution to managing your diabetes. At this stage, a pump doesn't have a mind of its own, so it needs regular input from you to work effectively. People on pumps must monitor their BGLs regularly and give regular bolus doses via the pump when eating, or if their BGLs are high between meals.
- You need to be an expert carb counter as the pump relies on you entering the amount of carbs each time you eat, so it can calculate how much insulin you need to take to cover each meal or snack.
- If your pump malfunctions, your BGLs will become high very quickly as the pump only delivers rapid-acting insulin. It is therefore important to carry a back-up pen or syringe in case things go wrong.
- At \$7000-9000, pumps aren't cheap. However, private health insurance should cover part or all of that cost – speak to your provider to see what you can claim.
- Unlike syringes and insulin pen needles, the ‘consumables’ (infusion sets and reservoirs) are not free, however they are subsidised under the NDSS. Most pump users end up paying about \$30 a month. ➤

Which pump is for you?

These devices come with a range of features that may well suit your needs...

JOHNSON & JOHNSON ANIMAS VIBE

The Animas Vibe is easier to read than other pumps and has an inbuilt food database to make carb counting simpler. Great for swimmers, it's also waterproof for up to 24 hours to a depth of three metres.

The Animas Vibe can be used in conjunction with the Dexcom G4 Platinum CGM, which gives you a glucose reading every five minutes and shows stable, rising or falling levels.

Bear in mind, however, that like the Medtronic CGMs, this comes at an additional cost. It's distributed in Australia by Australasian Medical & Scientific Ltd. animascorp.com

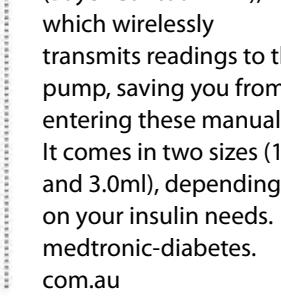


MEDTRONIC MINIMED PARADIGM VEO SYSTEM

If used with the optional CGM, this insulin pump recognises low glucose levels from the sensor and issues a warning. If no action is taken, the pump stops insulin delivery for two hours to prevent severe hypoglycaemia.

While this is great for those with poor hypo awareness, it does carry an extra cost not currently covered by Medicare or health insurance.

The system includes a blood glucose meter (Bayer Contour Link), which wirelessly transmits readings to the pump, saving you from entering these manually. It comes in two sizes (1.8 and 3.0ml), depending on your insulin needs. medtronic-diabetes.com.au



MEDTRONIC MINIMED 640G SYSTEM

The latest model on the market, this pump also has a CGM option. What sets it apart from the Veo is the accuracy of its transmitter. It predicts when your BGLs are heading down, turning itself off before you get too low, rather than waiting until you are hypo. It turns back on again once your BGL returns to normal, to avoid rebound highs.

This pump works with the Bayer Contour Next Link 2.4 meter, which wirelessly transmits your BGLs to the pump. It can also be used for remote bolusing, although it can only deliver preset boluses and doesn't have an inbuilt bolus wizard. It has a full-colour screen, is waterproof and comes in two sizes (1.8 and 3.0ml). medtronic-diabetes.com.au



ROCHE ACCU-CHEK COMBO SYSTEM

The Accu-Chek Combo System combines the Accu-Chek Combo insulin pump with the Accu-Chek Performa Combo meter, with two-way Bluetooth wireless technology between the two devices. This allows for discreet remote bolusing using the meter as well as the ability to control other key pump settings and view your pump records.

The pump has the largest cartridge size (3.15ml) for those on higher insulin doses, meaning there is more time between cartridge changes. It also features a handy rechargeable battery option. accu-check.com.au

Top tips

Talk to the experts

If you're thinking about switching to a pump, talk to a diabetes educator – go to adea.com.au to find a CDE in your area. Some hospital-based diabetes centres run pump information sessions, where you can meet with the companies who provide pumps. You can also see reps individually to find out more about specific products. Some will even loan you a pump to wear (without delivering insulin) to get an idea of what using one feels like. ➤

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To find out more, visit www.medtronic-diabetes.com.au or call us on **1800 777 808**

[^]Components sold separately. *CSII versus multiple daily injections and long acting insulin regime. This information is not medical advice and should not be used as an alternative to speaking with your doctor. Be sure to discuss questions specific to your health and treatments with a healthcare professional. For more information please speak to your healthcare professional or log on to: www.medtronic-diabetes.com.au. 1. Bergenfelz RM, Tamborlane WV, Ahmann A, et al. The STAR 3 Study Group. Effectiveness of sensor-augmented insulin-pump therapy in type 1 diabetes. *N Engl J Med*. 2010;363(4):311-320. 2. Garg S, Brazg RL, Bailey TS, et al. Reduction in duration of hypoglycemia by automatic suspension of insulin delivery: the in-clinic ASPIRE study. *Diabetes Tech Ther*. 2012;14(3):205-209. ©2015 Medtronic Australasia Pty Ltd. All rights reserved. 1544-102014



ANY DANA ANDROID

This pump is the first on the market that can be completely controlled by an Android mobile phone using a secure Bluetooth connection. This allows you to discreetly give meal or correction boluses using your phone as well as changing pump settings and reviewing history reports.

It comes with a blood glucose meter that can upload your BGLs to the pump and can also be used as a remote control.

The icon-based menu is easy to navigate and each pack of reservoirs (available on the NDSS) comes with a free battery, which reduces ongoing costs.

The smallest pump on the market, the Any Dana Android is waterproof for up to 24 hours to a depth of three metres.

www.managingdiabetes.com.au



THE ESSENTIALS

While these models have their own unique features, all insulin pumps need to include the following...



A bolus calculator (also called a bolus wizard). This works out a bolus dose based on your personal settings, carbohydrate intake, the amount of active insulin in your body as well as your current blood glucose level.



A watertight casing, which means they should still work if you accidentally get them wet. Some casings are also waterproof, which is worth considering if you spend a lot of time in or around water.



Most come in a choice of colours and/or have a range of 'skins' to allow you to personalise your pump.



Alarms and reminders.

WORDS DR KATE MARSH PHOTOGRAPHY GETTY IMAGES

2

Try before you buy

If you don't have private health insurance but are willing to sign up, you'll find that most pump companies will loan you a pump until your waiting period is up (usually 12 months). Considering the cost of a pump, taking out health insurance could be a worthwhile investment.

3

Save dollars

Kids without private health cover may be eligible for funding through the Type 1 Diabetes Insulin Pump Program. Contact the Juvenile Diabetes Research Foundation (JDRF) or go to jdrf.org.au and look for Insulin Pump Grants under the Type 1 Diabetes tab. ■



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When it comes to your health, be ahead of the game – your body will *thank you!*



Build your bones

The easiest way to help prevent osteoporosis and fractures is to eat healthily and exercise regularly...

TUCK IN

'When it comes to building strong bones, there are two key nutrients – calcium and vitamin D,' says dietitian Dr Kate Marsh. 'Calcium is a major building block of our bones, while vitamin D [the sunshine vitamin] helps with calcium absorption. Magnesium, potassium, vitamin K and zinc also play a role in keeping your bones healthy. And protein is important for our bones and muscle strength, too.'

According to Dr Marsh, good bone-friendly foods include:

- Sardines
- Milk and yoghurt
- Almonds and almond butter
- Tofu
- Eggs
- Salmon
- Fruits and vegetables

GET MOVING

To improve the health, strength and density of your bones, exercise physiologist Christine Armarego recommends adding the following exercises to your workout.

● SQUATS (STRENGTH + BONE)

Stand with feet shoulder-width apart. Bend at your hips, as if you're going to sit down, keeping your back in a J-shape. When your thighs are parallel to the floor, stand up. Repeat 10-15 times.

● BENT OVER ROW (STRENGTH)

Sit on a chair or stand in a squat stance. Bend forward from your hips, holding a weight in each hand. Bend your elbows to lift the weights to just in front of

your shoulders. Lower your arms and repeat 10-15 times.

● WALL PRESS (STRENGTH)

Stand with feet shoulder-width apart, at least 60cm from a wall. Place your hands on the wall at shoulder height. Lower your chest towards the wall. Return to start. Repeat 10-15 times.

● CALF RAISES ON A STEP (STRENGTH)

Stand with the balls of your feet on a step, holding onto a railing for balance. Raise your heels so you are high on your toes, then slowly lower so your heels go lower than the step you are on. Repeat 10-15 times. **Tip:** You can do this one leg at a time if both legs at once is too easy.

● HEEL DROPS (BONE)

Stand with feet shoulder-width apart and raise your heels so you're on your toes. Drop your heels back to the floor, creating impact. Repeat 10-15 times.





2 Cut your cholesterol

Eating foods high in saturated fats can increase your LDL cholesterol – and this can lead to heart disease. Follow these steps by dietitian Dr Kate Marsh to reduce your LDL.

STEP ONE

Cut down on saturated and trans fats found in palm oil products and processed meats and foods. Replace them with healthier polyunsaturated or monounsaturated fats from plant foods such as nuts, seeds, avocado and olive oil, as well as omega-3s found in fish, chia and linseeds.

STEP TWO

Increase your soluble fibre intake by enjoying foods such as legumes (lentils, chickpeas and dried or canned beans), oats, barley, psyllium, flaxseeds and fruits like apples and pears. Soluble fibre helps to remove cholesterol from the blood.

STEP THREE

Snack right by eating a handful of unsalted nuts daily. Nuts have been shown to lower cholesterol and also contain many other heart-protective nutrients.

STEP FOUR

Say yes to soy. Research has shown that soy protein can help lower your levels of total and 'bad' LDL cholesterol. Try switching to soy milk, include tofu in stir-fries, choose breads with soy and linseeds, and add soybeans to your soups and casseroles.



Check your pollen position!



3 Breathe easy

Q: I often find it difficult to breathe after exercise. Do I have asthma, or am I simply short of breath?

A: 'Most people with asthma have periods of normal breathing, punctuated with occasional wheezing, coughing and shortness of breath,' says endocrinologist Dr Sultan Linjawi.

'It could feel like your throat and chest are constricted, and you may have trouble breathing. This is typically triggered by allergic reactions to irritants like dust, pollen, chemicals, exercise and stress.'

In contrast, shortness of breath 'typically occurs without wheezing and happens during or after exercise in many people, but may be chronic and constant for others', says Dr Linjawi. 'It is more common in people who smoke or are inactive and overweight.'

Dr Linjawi advises making an appointment with your doctor as soon as possible to ensure a correct diagnosis.

GOOD TO KNOW: If you have asthma and are using steroid preventatives, then you have an increased risk of developing type 2. 'Ask your doctor to monitor this with regular fasting blood glucose and glucose tolerance tests, especially if you are overweight or have a family history of diabetes,' says Dr Linjawi. ►



4 Ward off colds

We're heading into the sneezing season, so nip things in the bud with these tips from NPS MedicineWise.

HINT #1 Have a flu vaccination in autumn

This way, you'll be protected before flu season gets into full swing.

HINT #2 Wash your hands frequently

The simple act of washing your hands with soap and running water (especially before eating or preparing food) can help to wash away any viruses or harmful bacteria on your skin.

HINT #3 Spray and wipe Items in your home that have been touched by those who are sick can be a potential source of infection, as the viruses that cause colds and flu can survive on household surfaces. Regular cleaning with antibacterial products can reduce your risk factor.

HINT #4 Balance your lifestyle A healthy diet coupled with moderate exercise, adequate sleep and reduced stress levels is not only important for managing diabetes, it's also crucial for strengthening your immune system. And the stronger your immune system is, the better it will be at fighting off infections.

HINT #5 Stay home when you're unwell It's the responsible thing to do. It will help you to get better faster and prevents the spread of infection.



Back to
basics



5 Strengthen your back

Problem: I have type 2 and often get shooting back pain. How can I put a stop to it?

SOLUTION: 'People with type 2 frequently have musculoskeletal pain, including back pain,' says osteopath Carla Kleverlaan. 'More research is needed in this area, but poor diet and a sedentary lifestyle may increase some patients' pain levels.'

Kleverlaan says most back pain is caused by strain to the deep structures of your back. 'Weak muscles, incorrect posture and poor lifting techniques may aggravate it,' she says.

The best way to prevent back pain is to keep active. 'Regular safe exercise can help maintain good back-muscle strength and flexibility,' Kleverlaan says. She recommends walking, cycling, swimming or hydrotherapy for 30 minutes daily to help keep aches and pains at bay. ■

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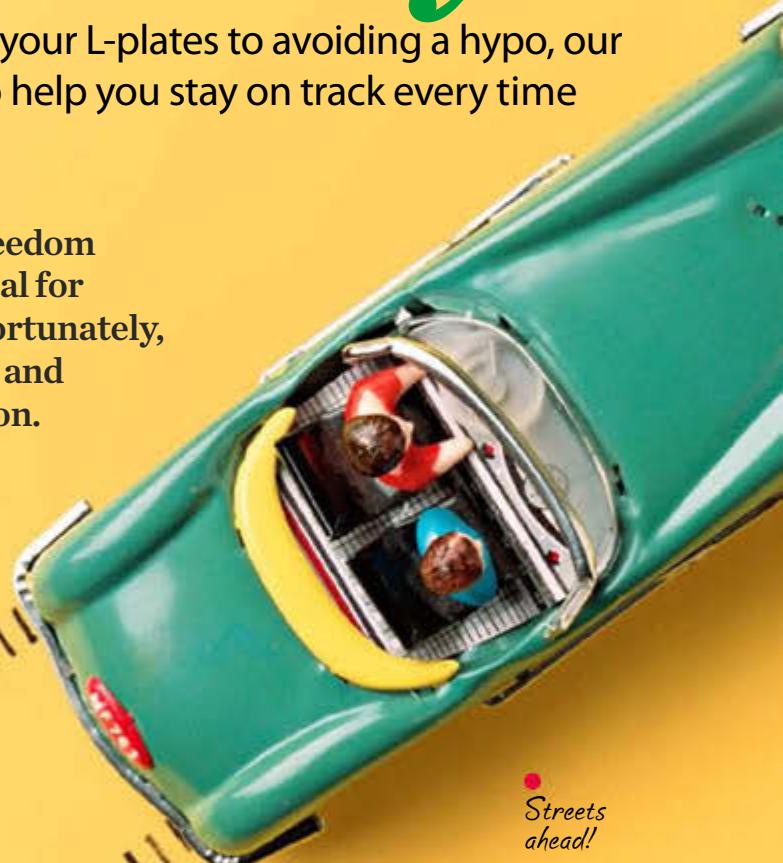
ARE YOU *roadworthy?*

From preparing for a trip and getting your L-plates to avoiding a hypo, our experts offer *easy action plans* to help you stay on track every time

Driving is often seen as a key to freedom and, for many people, it's essential for work and day-to-day living. Unfortunately, it can also be stressful, with heavy traffic and distractions demanding your full attention.

Add in factors like retinopathy, BGLs and confusion around licensing and insurance, and a trip down the street for a carton of milk can suddenly seem very complicated.

Keep yourself moving in the right direction with these simple tips from our experts.
Happy travels!



Q'I usually drive close to home but now I have a long road trip planned. What extra precautions do I need to take?'

YOUR ACTION PLAN: 'Aim to stop every two hours to check that your blood glucose level is above 5mmol/L,' says Rachel McKeown, from the Australian Diabetes Educators Association (ADEA). Whenever you stop to check your BGLs, also consider whether you need a snack or a meal.

'Make sure you pack plenty of food because you can't rely on being able to find a meal when you need it, particularly in remote areas,' says McKeown. 'And lastly, tell a friend or family member where you're going, let them know your planned driving route and check in with them once you have arrived.'

Q 'I have diabetic retinopathy and my eyesight has deteriorated. How can I make it easier to drive at night or in strong sun?'

YOUR ACTION PLAN: 'On sunny days, wear dark glasses to minimise the impact of glare,' says ophthalmologist Dr Stephen

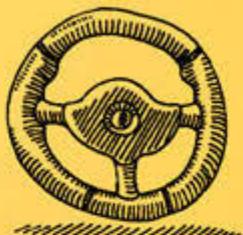
Best. Choose frames that are large enough to shield your eyes and surrounding areas, with green, brown or neutral grey lenses, which generally provide the most comfortable vision.

'But if you are experiencing glare regularly, make an appointment with an eye specialist to make sure you're not developing a cataract,' Dr Best advises. If you've noticed that your night-time vision is deteriorating, have your eyes checked for a refractive error that requires prescription glasses. This may reduce symptoms when it's dark.'

Q 'I'm 16, have type 1 and want to get my L-plates. Will I be prevented from getting my licence because of my diabetes? And if so, should I risk not telling?'

YOUR ACTION PLAN: 'If your diabetes is controlled by medication, including insulin and tablets, you are still able to learn to drive, providing your doctor has given you the all clear,' says McKeown. 'However, you are legally obligated to let the licensing authority in your state know you have diabetes.'

Once you have a full licence, you'll be required to have it regularly



YOUR PRE-TRIP checklist

Don't put your keys in the ignition before checking...

1. Your blood glucose levels

Make sure you're above 5mmol/L before you begin to drive.

2. You have some fast-acting carbohydrates

Ensure you have some jellybeans, glucose tablets or a soft drink with you, in the event of a hypo.

3. You're wearing your medical alert tag

It's important to carry identification with you that indicates you have diabetes, in case of an emergency.

reviewed – every two or five years, depending on the medication you're taking. As for keeping your diabetes a secret, McKeown advises transparency for the sake of other drivers – and yourself. 'If you stay quiet about your diabetes, not only do you risk losing your licence, if you're in an accident, you could also be up for negligent driving.'

Q 'I've just been diagnosed with type 2. Should I tell my insurance company before I get back in the car?'

YOUR ACTION PLAN: Yes! If you don't report your diabetes to your insurer, then you may have problems making insurance claims in the future. 'If you are asked any health-related questions by your insurance company, always answer them honestly,' says McKeown.

Q 'I'm worried about having a hypo behind the wheel. What should I do?'

YOUR ACTION PLAN: The big-picture solution to preventing hypos is to manage your BGLs with a balanced diet, regular exercise and good control over your medication. The short-term solution? Check your BGLs before going out and don't drive unless they are over 5mmol/L.

If you suspect you're having a hypo, McKeown advises pulling over and having something to eat or drink. Half a cup of non-diet soft drink, two tablespoons of raisins, or some glucose tablets can treat a hypo swiftly, so keep a stash in your glove box.

'Then you need to wait before driving again to make sure your BGLs have remained over five for at least 30 minutes,' she says. ■

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Good to know

Say what? If you're not always sure about the *terms we use*, here's an easy rundown



➲ BLOOD GLUCOSE LEVEL (BGL)

This refers to the amount of glucose (a type of sugar) in the blood. Everyone has glucose in their blood, but it is usually kept tightly controlled by the hormones insulin and glucagon. In someone with diabetes these hormones are not produced or don't work properly, so their BGLs can rise too high and, with some types of medication or insulin, drop too low. A normal BGL is between about 4 and 8 millimoles per litre (mmol/L).

➲ CARBOHYDRATE

Along with fat and protein, carbs are a major source of energy in our diet. They're found in breads, cereals, grains, starchy vegetables, legumes, fruit and some dairy products. Carbohydrates break down to glucose during digestion and raise BGLs, providing the body with energy.

➲ CARBOHYDRATE EXCHANGE

This is a way of measuring the carbohydrate in foods. It's used in diabetes meal planning to help manage BGLs and to match carb intake with insulin or medication. An 'exchange' is the amount of food that contains 15g of carbohydrate. For example, one average slice of bread, one medium apple and 300ml of milk each contain 15g of carbs, or one carb exchange.

➲ DIABETIC KETOACIDOSIS (DKA)

Usually only in type 1 diabetes, DKA occurs when ketones (the product of fat breakdown) build up in the blood and make it acidic due to lack of insulin. It can be life threatening.

➲ GLYCEMIC INDEX (GI)

The ranking of carb foods according to the speed at which they cause BGLs to rise and fall. Foods that are quickly digested and absorbed are high GI, while low-GI foods break down slowly, gradually releasing glucose into the bloodstream.

➲ HBA1C

This is a blood test that reflects the average amount of glucose in your blood over the past 2-3 months.

➲ HYPERGLYCAEMIA

A condition where BGLs are higher than normal, it occurs when diabetes is untreated or poorly managed. Common symptoms include thirst, frequent urination, fatigue and weight loss.

➲ HYPOGLYCAEMIA

This condition develops when BGLs drop too low. It occurs in people treated with insulin or some oral medications. Symptoms include feeling dizzy, shaky and confused. It needs to be treated immediately by eating quickly absorbed carbs, such as glucose tablets or jellybeans.

ABOUT YOUR TYPE

TYPE 1

- A condition that occurs when the body's immune system destroys insulin-producing cells in the pancreas, causing blood glucose levels to rise to dangerous levels.
- Treatment: insulin by injection or with a pump.

TYPE 2

- Blood sugar levels rise because the pancreas doesn't produce enough insulin or the body doesn't respond to insulin, known as insulin resistance.
- Risk factors: family history, being overweight, or of an ethnic group prone to diabetes, such as indigenous people, those from south-east Asia, India and the Middle East.
- Type 2 can often initially be managed with diet and exercise, but most people will need medication, and possibly insulin, with time.

GESTATIONAL

- This develops during pregnancy, but usually disappears after birth. These mothers have an increased risk of type 2 diabetes later in life.

ADVERTISING PROMOTION



LOW-GI SPUDS

Carisma potatoes are the only certified potato in Australia to carry the Glycemic Index Foundation's official low-GI symbol, with a GI value of 55. To achieve the low-GI rating, simply cook until al dente.

The potatoes are flavoursome and versatile – easy to boil or mash. You'll find Carisma potatoes exclusively at Coles supermarkets.

Visit carismapotatoes.com.au



GO THE GRAIN

SunRice Doongara Clever Rice is a long grain rice exclusively grown in Australia. It combines everything you love about white rice with the bonus of being a naturally low-GI (54) food. This means it's digested more slowly to provide a sustained energy release. It's also easy to cook and tastes great!

Visit sunrice.com.au



PERFECT ADDITION

Add a burst of garlic to your pasta sauces and homemade mayonnaise with Cobram Estate Garlic Infused Extra Virgin Olive Oil. It's also ideal drizzled over grilled lamb chops or used for basting roast meats and chicken.

Certified as FODMAP-friendly, this delicious Extra Virgin Olive Oil is a smarter choice for everyone.

Visit cobramestate.com.au

MARKET PLACE

Check out these products. They may make managing diabetes easier



HYPOTHYROIDISM

Concerned about hypos?

To avoid low glucose levels and maintain good control, it's important to know where your levels are and where they are heading. The MiniMed 640G System with SmartGuard can help protect you from hypos so you can feel more secure.

Visit medtronic-diabetes.com.au or call 1800 777 808.



NO NEEDLE INSULIN DELIVERY

Is your fear of needles stopping your insulin treatment? Now you have an option with InsuJet. InsuJet uses jet technology to administer insulin – there is no needle involved! For more information, please visit insujet.com.au or call 1800 114 610.

Please discuss with your healthcare professional to see if InsuJet is suitable for you. Always read the label and use only as directed.



STEP TO IT

Walk to your heart's content in these podiatrist-designed walking shoes from InStride. The Aerostride features a leather and expandable nylon across-the-toe area to accommodate foot problems such as corns, calluses, bunions, hammertoes and/or diabetes. Discover InStride and live without limits. Now at The Athlete's Foot.

Visit theathletesfoot.com.au

BREAKFAST

86 60-second brekkie

SNACKS

- 87** Cottage cheese, beetroot and carrot wrap
- 87** Honey and cinnamon popcorn
- 50** Spiced pumpkin scones
- 87** Yoghurt and cranberry mix

LIGHT MEALS

- 53** Basic pizza dough
- 72** Carrot, feta and dill quiche
- 70** Chicken and leek soufflé omelette
- 71** Indian-style crepes
- 72** Oven-baked vegie spring rolls
- 70** Poached chicken and risoni salad
- 50** Pumpkin, feta and spinach pie
- 70** Roasted pumpkin and barley salad
- 50** Roasted pumpkin and garlic soup
- 54** Supreme pizzas
- 71** Zucchini, potato and parmesan soup

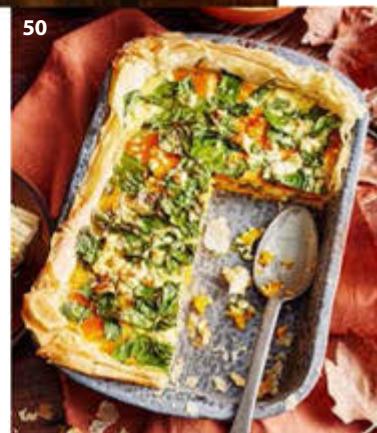
MAINS

- 44** Chargrilled beef with potato rosti
- 61** Cheese and vegie pancakes
- 60** Chinese spiced chicken skewers with salad
- 43** Creamy chicken, prosciutto and mushroom pasta

- 43** Curried fish pie
- 42** Haloumi, pea and mint fritters with tomato salad
- 42** Lamb, pistachio and couscous salad
- 62** Macaroni and cheese
- 60** Meatball sub
- 30** Open chicken sandwich with caramelised onion
- 44** Parmesan and polenta fish with sweet potato chips
- 30** Pork nachos
- 32** Prawn wonton soup
- 32** Prosciutto, beef and vegie meatloaf
- 42** Quick prawn, chilli and noodle stir-fry
- 60** Salmon mornay
- 30** Veal and oregano meatball salad

DESSERTS

- 83** Baked almond and golden syrup pears
- 80** Carrot and hazelnut steamed puddings
- 82** Fig and vanilla custard tarts
- 83** Hazelnut, banana and caramel pavlova
- 82** Lemon and ricotta meringue pie
- 86** Light and crisp meringues
- 80** Peach and strawberry teacup crumbles
- 82** Quick raspberry and vanilla microwave pudding
- 22** Sticky date slice



KEY ● Freezable ○ Gluten free ○ Gluten-free option ○ Vegetarian

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10–20°C, depending on your oven.

FREEZING Pack individual serves into airtight containers. Label with recipe name and date.

Main meals will generally freeze for three to six months, three being optimal. To reheat, put dish in fridge overnight to defrost (never leave on bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave on medium/50%, depending on dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you.

Postcards from the SHED

The party was in full swing, so the last thing everyone's favourite chippie **Rob Palmer** wanted was a very public hypo...

Our family loves a party. This one in particular was a celebration of the baptism of my beautiful niece Juliette, daughter of my wonderful sister-in-law Brooke and my brother Mikey. Brooke can certainly organise a cracker of a party and this was no exception. It was at their home, overlooking a tree-filled valley with a stream, where every visit is an adventure.

We had started early – as christenings often do – and at least 60 of us were right in the mood, enjoying finger food, a few drinks and the sounds of play from a bevy of children. Time flew, and although I was aware that I needed to keep a close eye on my blood sugar and food intake, the fun took over (as it can so easily do) and counting my carbohydrate intake somehow became less important.

Among the family and friends in attendance were those that my brother refers to as 'the God Brothers' – a band of 21-year-olds that Mikey had coached in rugby. Each of these fine young men was presented with a christening candle and entrusted with becoming the generational bridge between Juliette and her parents.

Near dinnertime, the God Brothers and I were chatting about footy down by the stream, some distance from the rest of the party. My BGLs had been looking slightly

high – finger food can make counting portions difficult – and although I'd had some insulin, I had barely eaten since then and was a few beers into things. That's when the hypo hit me.

I later asked them what had happened. The reply was quite revealing. 'You just disappeared, mate. It was like you got instantly drunk and couldn't talk properly. We didn't know what was happening until Deano said you were diabetic and might need a needle or some sugar. Dave gave you a beer and reckoned there was sugar in that, then Stef turned up with sweets from the kiddies' table. Are you feeling better?'

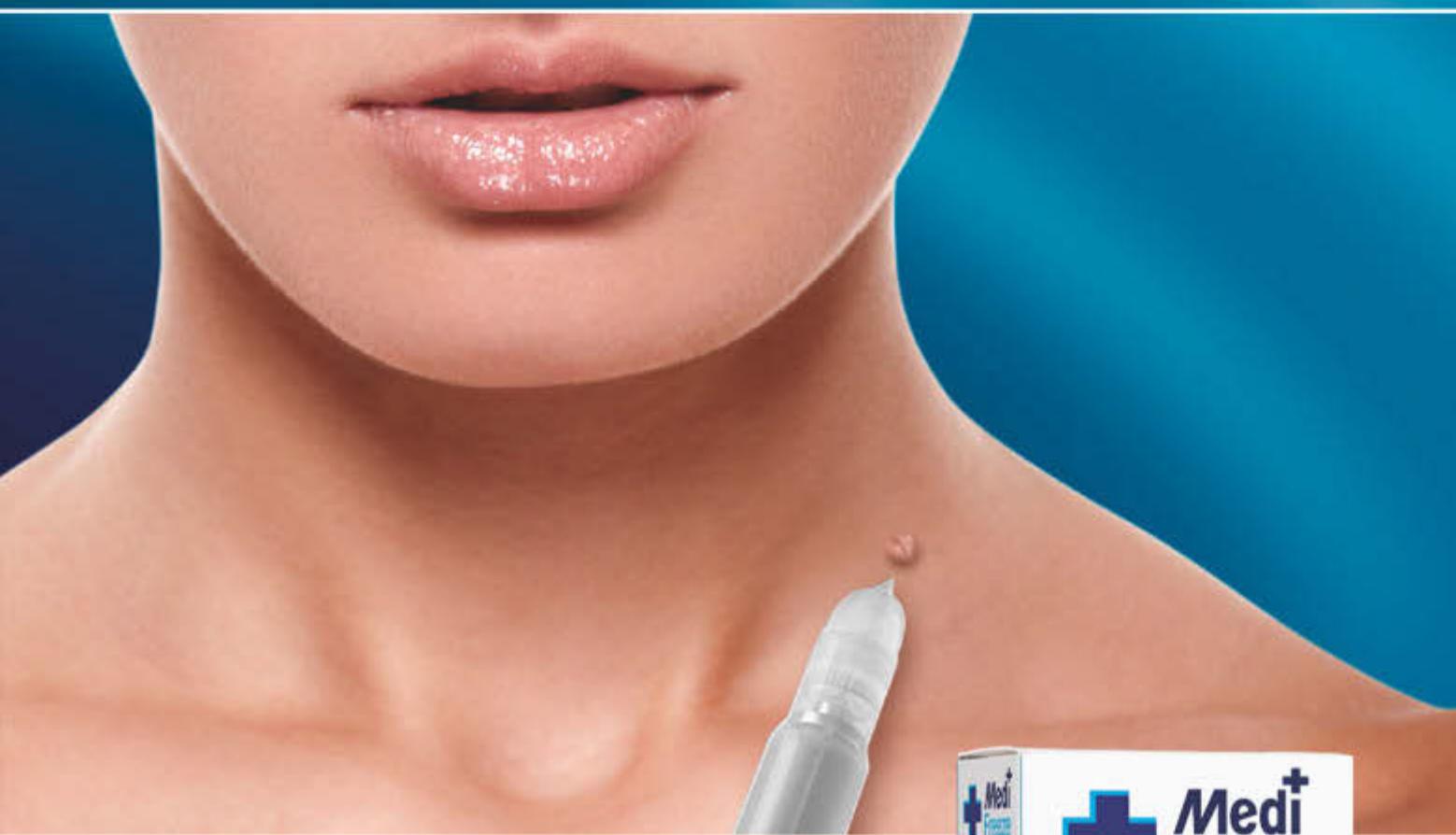
You could have knocked me over with a leaf. I barely remembered a thing. I felt so stupid. I apologised for putting them in that situation and explained what had happened. Deano only knew of my diabetes because he'd heard it from Mikey, and he only had a basic understanding of what it meant.

For me, the message was clear. Parties can make managing diabetes more difficult. Awareness of your diabetes and of how to treat a hypo is only as strong as you make it, so share the info with those you are with.

Finally, remember that no matter how good the party is, you have to eat after having insulin, or at the very least, keep a close eye on your BGLs. For the God Brothers that day, it wasn't just a christening, it was a baptism of fire. Thanks, boys. ■



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The easy way to remove skin tags at home

Now you can remove unsightly skin tags at home easily with the new Skin Tag Remover from Medi Freeze.

Based on technology used by healthcare professionals, Medi Freeze freezes skin tags whilst protecting the healthy skin around it.

This innovative product makes skin tag removal an easy and simple way to a blemish free you.

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Available at Pharmacies



Succumb to the allure of **RARE**
Scents



Indulge in our **NEW fragrance**
White Amazon Lily

